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Mother kicked daughter to death

An investigation into the death of a two-year-old girl named Sara has revealed that the girl was in fact killed by her own mother, who has been in police custody since 2006. (See Page 5)

Prosecutors to investigate PM

The Attorney General's office has confirmed that it has decided to open an investigation into the case involving Prime Minister José Sócrates' university qualifications. (See Page 7)

Portugal's roads safer

Figures released by the European Commission Tuesday show that Portugal has made significant progress in its efforts to reduce road accident fatalities. (See Page 2)

Sky marshals set for Portugal's airlines

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Sampaio given new UN appointment

Praise poured in from the Lusophone bloc and the rest of the world for the decision by United Nations Secretary General Ban Ki-moon to appoint former Portuguese president Jorge Sampaio as the first UN High Representative for the Alliance of Civilizations. (See Page 6)

Weekend weather

Lisbon: Saturday: Partly Cloudy, high of 22°
Sunday: Sunny, High of 24°
Faro: Saturday: Partly Cloudy, high of 22°
Sunday: Sunny, High of 22°
Oporto: Saturday: Sunny, High of 20°
Sunday: Sunny, High of 20°.



Countdown to smoking ban starts as Parliament agrees on legislation that pleases neither side

LIGHTS OUT FOR SMOKERS

Portugal has fallen into line with most Western European countries after Parliament approved strict new laws to clamp down on smoking in public places. The groundbreaking legislation follows two botched attempts at outlawing smoking in public spaces the past three years. **Smokers, see p. 61**



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Portugal's roads safer



Figures released by the European Commission Tuesday show that Portugal has made significant progress in its efforts to reduce road accident fatalities.



To commemorate World Road Safety Day, the Pedestrian Association made a zebra crossing in the centre of Lisbon using the names of traffic accident victims. (Photo: Lusa / Inácio Rosa)

There were 40 per cent less road deaths in 2006 compared with 2001, according to the report. In total, 78 fatalities per one million inhabitants were recorded last year, ranking Portugal as the tenth safest EU country in which to drive a motor vehicle.

Within Western Europe, northern countries tend to be safer than southern nations with the exception of Malta, which proved to be the safest country in the EU in which to drive a vehicle recording just over 35 deaths per million inhabitants in 2006.

However, the Commission's figures make clear that the EU is not on target to meet its goal of halving road deaths from nearly 50,000 in 2001 to 25,000 by 2010. During 2006, 38,600 EU citizens were killed in road accidents.

But Transport Commissioner Jacques Barrot told journalists in Brussels that the objective can still be achieved if governments follow the example of countries such as Portugal, France and Luxembourg, who on average have achieved a 42 per cent reduction in fatalities over a five year period.

Across the EU, road deaths were down by eight per cent in 2006 compared with 2005. The statistics show that up to 30 per cent of road deaths in some

countries occurred in accidents where at least one driver had drunk more alcohol than the permitted legal limit.

Another major contributory factor in road fatalities was the disregard shown by 50 per cent of drivers for speed limits. The refusal to wear seat belts by 25 per cent of drivers and their front-seat passengers, also played a big part in the number of road deaths reported in the EU last year.

According to the report, in some EU countries, including Portugal and Ireland, less than half of rear-seat passengers wear seat belts.

Greece has now taken over the top spot as the most dangerous of the old 15 EU member states in which to drive a car. Last year, just over 150 road deaths per one million inhabitants were recorded, while Ireland proved to be the third most dangerous with 92 fatalities per million inhabitants, and Italy the second most dangerous with 112.

But the last country in the enlarged 27 member EU you would want to drive in is Lithuania, where 225 people per one million of the population were killed in road accidents during 2006 – the worst death rate in the whole of the EU followed by Latvia with 170 fatalities per million inhabitants.

Anti-child obesity programme headed for Portugal



Portugal's escalating problem of child obesity is about to be challenged by a campaign to be set up by one of Europe's leading medical associations.

Obesity among children in Portugal is reaching epidemic proportions, according to a report published last week by the International Association for the Study of Obesity (IASO). But the problem is not confined to youngsters, as an increasing number of overweight adults are falling prey to the health risks

posed by obesity, the report said.

IASO's flagship education programme SCOPE will be launched in Portugal by Dr. Alberto Galvao-Teles, who attended an international conference on obesity in Budapest last week.

He will act as ambassador for the scheme in Portugal which,

according to IASO, will promote "physically active lifestyles as a key component of a strategy to prevent weight gain and curtail obesity".

SCOPE will also concentrate on publicising the health risks of obesity, which invariably lead to diabetes, heart disease and cancers – children will be particularly targeted by the scheme.

It has been developed by Dr. Paul Sacher of the University College London, and is already proving successful by producing significant improvements in overweight and obese children over a period of one year.

Dr. Sacher told the Budapest conference he had devised the nine-week multi-disciplinary programme, "combining exercise, nutrition and empowerment to fight excess weight and obesity".

The conference, attended by 2,500 European obesity specialists, heard that around 22 million of the European Union's 75 million children are overweight and 5.1 million of this number are obese. Latest figures show that

nearly 35 per cent of Portugal's children are either overweight or obese.

"It's an extraordinary figure and there are 300,000 more obese children in Europe each year," Dr. Tom Lobstein of the London-based IOSA told a press briefing at the start of the four-day conference.

He said that the scientific community knows little about preventing child obesity but added: "We may have focused too much on the child and not the environment".

According to Dr. Lobstein, there is also a lack of specialisation among doctors making it more difficult to treat obese children in Europe.

At the conclusion of the four-day conference, delegates were told that IASO would continue in its attempts to "improve global health by promoting the understanding of obesity, and weight-related diseases through scientific research and dialogue, whilst encouraging the development of effective policies for their management and prevention".

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Government wants more action in preventing fires



In order to prevent a repetition of the devastating fires that Portugal has experienced in past years, the Minister for Internal Affairs has said that Civil Protection authorities must 'double their inspections' of countryside surrounding properties and public paths, making sure they have been properly cleared.

During the presentation of an intervention plan for fighting forest fires in the Algarve region, Minister António Costa described past scenarios as "exceptional" and "possibly unrepeatable".

Minister Costa further defends the need to "avoid hazardous attitudes", as "most forest

fires are not instigated intentionally, but are the result of negligent and careless behaviour".

With the start of 'fire season' on the doorstep (the official date being May 15th) the Minister has called upon regional Civil Protection authorities to increase control of fire-preventing measures by doubling their land inspections.



The Minister for Internal Affairs António Costa greets firemen during his visit to Castelo Branco last week. (Photo: Lusa / António José)

Portugal making headway in fight against serious allergies



Brussels announced last week that Portugal is making a significant contribution in a programme aimed at stemming the increase of serious allergies across the European Union.

Now in its third year of operation, the EU GA2LEN Network of Excellence organisation is meeting one of the largest challenges facing Europe's economy and health care by standardising clinical processes to combat major allergies, according to the European Commission.

A spokeswoman for GA2LEN told journalists in Brussels Monday that researchers from Portugal's University of Coimbra and University Hospital of Oporto, are playing a major role in helping to identify the causes of allergies that are proving to be "a serious problem for Europe".

She said: "Taken together, the different forms of allergies, including inhalant allergies, food allergies, drug allergies, skin allergies and others, affect more than 40 per cent of Europe's population".

This figure represents a total of approximately 200 million allergy sufferers in the 27 EU countries. "With numbers still rising, allergies pose one of the most important problems in Europe's further development as a knowledge society," the spokeswoman added.

Coimbra University and University Hospital of Oporto, are two of 31 EU institutions that are affiliated to GA2LEN. To-

gether, they are finding ways to make effective treatment and early diagnosis of allergies normal practice within Europe.

In a statement, the European Commission said the socio-economic impact of allergies is enormous "but is not due to direct costs".

"Rather" it said, "it is due to the indirect costs related to reduced performance at work and diminished learning in schools and universities".

Data shows that young people's learning ability is reduced by nearly 30 per cent due to allergies, and that untreated allergies clearly warrant the highest investment for the future welfare of all EU member states.

Researchers at Coimbra University have also been involved in pioneering investigations into "orphan diseases" such as the Muckle-Wells Syndrome, which is a highly debilitating disease often leading children to live their lives cut off from society.

University Hospital of Oporto, has played a part in developing European 'skin-prick' tests to detect mainly inhalant allergies. Researchers at the hospital are now encouraging allergy sufferers to carry 'life saving adrenalin injection kits', which have achieved great success in Canada.

Portugal backs common e-health service across Europe

After winning the plaudits of other European Union member states for its progress in establishing e-health facilities within its medical care services (see *The Portugal News* April 28 edition), Portugal backed a proposal by Brussels last week to set up a computerised electronic health system across the 27-nation bloc, which would hold the health records of EU citizens.

At a meeting in Berlin, all EU member states together with Iceland, Liechtenstein and Norway adopted a common declaration on their commitment to "pursue structured cooperation on cross-border electronic health services across Europe".

"By adopting today's Declaration we seek to ensure that, in the future, electronic health services for Europe's citizens do not stop at national borders," said the German State Secretary at the Federal Ministry of Health, Dr. Klaus Theo Schröder.

"We want to give patients access to their medical records and patient summaries from everywhere within the EU. This not only serves the continuity of care, but also affords safety in an emergency," he explained.

The Declaration was adopted at the e-Health Conference, whose theme 'From Strategies to Applications' looked at the implementation of electronic health-service applications and infrastructures, such as electronic prescriptions and patient files, both of which are expected to be available in Portugal by the end of the year.

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Former president, Jorge Sampaio, and UN Special Envoy for Tuberculosis Prevention, speaks to the press after UN Secretary-general, Ban Ki-moon, announced his nomination as UN High Representative for the Dialogue between Civilizations last week in Lisbon. (Photo: Lusa / João Relvas)

Ex-President Sampaio given new UN appointment

Praise poured in from the Lusophone bloc and the rest of the world for the decision a day earlier by United Nations Secretary General Ban Ki-moon to appoint former Portuguese president Jorge Sampaio as the first UN High Representative for the Alliance of Civilizations.

In Lisbon, Portuguese Foreign Minister Luís Amado said his compatriot's choice for the new UN post would bring "great dignity" to Portugal and "contribute to the realization of Lisbon's goals for its (upcoming) presidency of the European Union."

Angola's No. 1 diplomat, João Miranda, said the ex-Portuguese leader would "perform a great role in fostering dialogue between civilisations".

East Timorese Prime Minister José Ramos Horta, currently seeking election as his country's new president, described Sampaio as "a humanist and internationalist" with a wide awareness of the world's civilizations and knowledge of many of its languages.

In Brazil, the largest member of the eight-state Lusophone bloc, normally known as the CPLP (Community of Portuguese Language Countries), a Foreign Ministry communiqué

welcomed Sampaio's appointment to the prestigious UN post, pledging Brasília would "actively contribute" to ensure the success of Sampaio's new job.

Plaudits for Sampaio's selection as UN envoy to the Alliance of Civilizations also came from European Commission President José Manuel Barroso, a former prime minister of Portugal, who said his fellow-Portuguese's new role "reaffirmed the centuries-old vocation of Portugal for dialogue between civilizations".

Sampaio, in a statement issued in Lisbon, said that he was honoured by the appointment, "a task without end" to which he would devote "all [his] strength".

"In the Israeli-Palestinian conflict, as well as other Middle East issues, it is absolutely essential for dialogue to open a path for a more concrete and effective alliance of civilizations", he said.

Earlier, Sampaio's office said the former head of state would

initially combine the post with his current mandate as the UN's special representative in the Fight against Tuberculosis, which ends next month.

Among his new responsibilities, Sampaio will promote international initiatives to foster dialogue and understanding between differing cultures, religions and civilizations to counter the so-called "clash of civilizations", his office said.

The UN's Dialogue of Civilizations arose from an initiative jointly sponsored by the prime ministers of mostly Catholic Spain and predominantly Muslim Turkey in 2005.

Sampaio, 67, served as Portugal's head of state from 1996 to 2006. He has also held various public offices including Lisbon Mayor, an MP in the Portuguese Parliament and member of the Council of Europe's Human Rights Commission.

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Portuguese language gaining popularity



Portuguese, together with Spanish, is the fastest growing language in western Europe and has the highest growth potential as an "international communication language in Southern Africa and South America", according to the United Nations Educational, Scientific and Cultural Organisation (UNESCO).

UNESCO's findings are backed up by a report published last week by the Geographic Distribution of the Portuguese Language organisation, which identifies Portuguese as gaining in popularity around the world.

The language, according to the report, is now being spoken throughout Europe, including Luxembourg and Andorra, where 10 per cent of the population speak it.

In Luxembourg, the language is gaining strong roots, and most citizens of Portuguese descent can speak it perfectly. It is growing in popularity to the extent that there are now Portuguese radio and TV stations, and it is being taught in several schools.

There are also strong Portuguese speaking communities in

Belgium, France, Germany, Jersey and Switzerland.

UNESCO says that even in Britain the number of people speaking Portuguese in the Creole dialect is on the increase with the arrival of more immigrants from Portugal's former colonies in Asia and Africa.

The Portuguese speaking African countries are expected to have a combined population of 83 million by 2050. The language is also starting to regain popularity in Asia.

With more than 200 million native speakers, Portuguese is one of the few languages spoken in such widely distributed parts of the world, and is the fifth-most-spoken language in the world.

It is spoken by 187 million people in South America, 17 million in Africa, 12 million in Europe, two million in North

America and over half a million in Asia.

Because Brazil, with 184 million inhabitants, constitutes about 51 per cent of South America's population, Portuguese is the most widely spoken language on the continent and is now used as the first language in all inter-government negotiations and trade talks.

UNESCO points out that Portuguese is an "optional learning language in 11 European countries" - nine of them in the European Union. It is also an official language of the EU, the African Union and the South American Latin Union.

More than one million people in South Africa are now speaking the language and 20 per cent of the population of Namibia use it as their mother tongue.

Unions rehearse general strike on Labour Day

The leaders of the country's two biggest trade unions, CGTP and UGT, converged in their opinions this week, with both attacking government policies.

CGTP leader, Carvalho da Silva, whose union was the main instigator in setting up industrial action for later this month, called on workers to take the battle to the government during the May 30th strike as retribution for its reforms to the public service and the injustices in wealth distribution in the country.

CGTP officials said around

70,000 people took to the streets of Lisbon city centre on Tuesday to celebrate May 1st, though police indicated only half that number had turned up to listen to Carvalho da Silva speak.

The CGTP identified the uncertainty experienced by workers in their careers as the biggest struggle it faces in 2007.

The union explained that strike action on May 30th is to protest against an increase in unemployment and the reform of the civil service currently underway.

The leader of the smaller UGT union followed a similar line to his CGTP counterpart, but also attacked the extreme right.

João Prouça, addressing a crowd of around one thousand people in Loures north of Lisbon, attacked the government for confusing workers' privileges with rights, though he did praise the increase in the minimum wage, despite the fact that gains from greater productivity had been spread unevenly and unfairly to workers' detriment.

Investigations confirm mother kicked two year old daughter to death

An investigation into the death of a two-year-old girl named Sara has revealed that the girl was in fact killed by her own mother, who has been in police custody since 2006.

Early phases of the investigation, along with an autopsy report, revealed that the child's was death due to "internal bleeding, which could have been stopped had the child been taken in time to a hospital".

The bleeding has since been identified as "due to a kick in the liver that caused strong internal haemorrhaging", which has since been reported to have been caused by the mother.

Further investigations and the mother's confessions have confirmed the infant was subject to extensive physical abuse, and that she did not provide her daughter with the appropriate, necessary medical care after violent aggression to various parts of the child's body, including the liver.

Conclusive evidence confirms that the mother frequently hit her daughter, the youngest of four offspring, something that went unnoticed by the father, who only arrived home from work after the girl and her siblings were asleep in bed.

After her trial, the 25-year-old woman convicted of quali-

fied murder and negligence, could face up to 25 years in prison.

The woman initially claimed that the wounds to her daughter's body had been caused by a fall down a flight of stairs in the apartment block where the family lived. She later confessed to beating her daughter.

Two-year-old Sara had been referred to social services for family negligence at the end of 2005, though no counts of physical harm were reported.

After the toddler's death, social services removed the remaining three children from the family home and placed them in foster care.



A demonstration to commemorate Labour Day was organised by the National Renewal Party in Lisbon on Tuesday. (Photo: Lusa / Manuel de Almeida)

Sky marshals set for Portugal's airlines

In a move backed by members of the European Parliament last week, Portugal could well see armed sky marshals onboard its airlines by the end of this year.

The marshals, who will monitor passengers during flights both to and from Portugal, will in most cases be situated at the rear of the aircraft and equipped with firearms and a two-way electronic communication device linked to crew members and ground control.

After the September 11th, 2001, terrorist attacks in the United States, the European Union adopted joint security rules for checking the identities of flight and ground crews, air passengers and their baggage.

However, with the increasing threat of further attacks by extremist groups, MEPs have decided to beef up security measures on aircraft and have recommended that Portugal, in keeping with

other EU member states, appoints sky marshals to lessen the risk of air travellers being targeted.

While agreeing to the use of armed security officers on EU airlines, the European Parliament is insisting that they are properly trained and only carry a weapon if "the required security conditions have been fulfilled".

Under the plans, the country of departure, arrival and any other country in between would also have to give their approval for sky marshals to be used.

MEPs were very much influenced in voting through the proposals by the news of British authorities foiling an alleged plot to blow up a US-bound airliner using liquid explosives in August last year.

Following the incident, new limits on transporting liquids and creams by passengers in the EU came into force in November, but

it is now considered that these measures need to be improved to better protect air travellers from terrorist attacks.

However, the question of who will bear the extra cost of sky marshals on Portuguese flights remains unanswered.

The parliament and EU member states will now have to hammer out new plans bridging differences on several key security points, including whether governments, passengers, tour operators or a combination of all three will cover the added expense of sky marshals.

Once this has been agreed, common, basic security standards on such things as banned items and sky marshals are expected to go into effect at the end of this year, while other measures including the scanning of passengers' biometric details should be introduced during 2009.

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EU and US sign transatlantic economic integration plan



(L-R) President of the European Commission José Manuel Barroso, Chancellor of the Federal Republic of Germany and President of the European Council Angela Merkel, and U.S. President George W. Bush leave the Rose Garden of the White House on 30 April 2007. The leaders discussed issues related to climate and trade. (Photo: EPA/Stefan Zaklin)



The annual EU-US Summit at the White House in Washington, DC on Monday 30 April marked the adoption of a new framework for promoting transatlantic economic integration.

The Summit, followed by a working lunch, also dealt with a full agenda of other issues such as Kosovo, working together to support the Middle East peace process, tackling climate change, and boosting energy security through the search for sustainable new resources and credible energy efficiency measures.

The EU side requested the US extend its Visa Waiver Programme to citizens of all member states so that EU citizens, like American ones, can cross the Atlantic freely.

The President of the European Commission, José Manuel Barroso, Vice-Presidents Günter Verheugen (Enterprise and Industry) and Jacques Barrot (Transport) and Commissioners Benita Ferrero-Waldner (External Relations) and Peter Mandelson (Trade) will represent the Commission at the Sum-

mit, which is hosted by US President George W. Bush. German Chancellor Angela Merkel will represent the EU Presidency, assisted by the Secretary-General/High Representative Javier Solana.

Before departing for the United States, President Barroso commented: "Our political relationship with the US is as close as ever, based on deep ties of kinship. With the international role of the US economy as powerful as ever and with the EU now firmly back on the growth and jobs path, this is the right time to deepen our economic partnership and to further strengthen the transatlantic economy. This agreement will allow us to demolish existing, unnecessary barriers posed by divergent regulations and nip new ones in the bud. With the necessary political commitment and follow up on all sides, the new framework will deliver lower costs for businesses and consumers on both sides of the Atlantic."

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Barroso's brainstorming Sintra summit



In an effort to overcome obstacles standing in the way of the proposed European Union constitution, European Commission chief Durão Barroso will hold informal talks in Portugal next week with specially invited EU leaders.

The object of the two-day meeting, according to Barroso's spokeswoman, is to thrash out once and for all the terms of a constitution that would be acceptable to all EU member states.

Spokeswoman Pia Ahrenkilde told journalists in Strasbourg that next week's "brain storming" session will help the EU face up to its commitment of implementing the constitution and also to address "future challenges".

Barroso has invited selected EU leaders to the informal mini-summit on May 12th and 13th in Sintra.

Ms. Ahrenkilde declined to name which EU leaders have been invited but said, "the participation will be balanced and representative" and that "it's good not to be too numerous".

She explained that while the gathering would focus principally on the proposed constitution – which was rejected by Dutch and French voters during referendums in 2005 – other major challenges facing Europe such as climate change and ensuring energy supplies would be included in the discussions.

In a statement handed out to journalists, Barroso said the meeting "is about a wide range of issues relating to Europe's future and of course Europe's institutions will be part of that future".

Over the past two months he has concentrated his efforts mainly on championing the advantages of an EU constitution (see *The Portugal News April 21st*) and political observers are saying that during the Sintra meeting Portugal's former prime

minister will seek to draw up a treaty that is acceptable to all EU member states.

Barroso has kept in close touch with German Chancellor Angela Merkel, whose country holds the six-month rotating EU presidency, after Berlin started intense consultations this week with representatives from all member states to single out what parts of the proposed constitutional treaty they want to keep or get rid of.

The German chancellor and 17 other countries that have already ratified the constitution want any revision to be as close as possible to the original treaty, while some member states such as the Netherlands and the Czech Republic are looking for a more radical overhaul.

Prosecutors to investigate PM

The Attorney General's office has confirmed that it has decided to open an investigation in to the case involving Prime Minister José Sócrates' university qualifications. The Attorney General's office, in opening its investigation, has demanded that all documentation from the *Universidade Independente* involving the engineering degree obtained by the Prime Minister be handed over to investigators.

The investigation was ordered after a complaint was lodged by José Maria Martins, the lawyer of chief Casa Pia child abuse suspect Carlos Silvino (Bibi), regarding the authenticity of the Prime Minister's qualifications obtained from *Independente*.

José Maria Martins has repeatedly indicated that he believes the Prime Minister obtained a degree under questionable circumstances at the least,

saying José Sócrates should resign as a result.

The Prime Minister's office has remained silent on this latest development.

Several of the University's board, including the Rector, have been detained in recent weeks concerning charges of fraud and embezzlement of funds.

The University was also temporarily shut down by the Minister of Higher Education.

Video may identify runaway mother

A woman who gave birth under a false name in Oporto's São João hospital and ran away, abandoning her newborn daughter just hours later may now be identified through a security video-surveillance system.

The baby, which was born by normal delivery and without complications, is said by hospital spokespersons to be in good health. She will be placed into institutional care once released from hospital.

According to reports, the

mother snuck out of the hospital just a few hours after the delivery. Claiming she was going for a shower, the woman, thought to be in her early forties, gathered her belongings and fled.

A 24-hour video-surveillance system may be the key to the women's real identification.

São João's head of Obstetrics has since stressed the difficulties in controlling individuals entering and exiting the hospital.

This is the latest incident concerning babies to shake the na-

tional health system. Last February a newborn was kidnapped from Hospital do Padre Américo, in Penafiel, by a woman who had faked a pregnancy. The infant was found over a year later.

Last December a week-old baby was abandoned in the toilets of the Dolce Vita Shopping centre in Oporto, and two babies, of different sexes, were swapped in the São João Hospital a year ago. The error was only detected after one of the fathers noted he had a boy at home instead of a girl.



Prime Minister José Sócrates visits the stand of a Brazilian exhibitor at the inauguration of the Ovibeja exhibition in Beja last weekend. (Photo: Lusa / Nuno Veiga)

Businessman to become first Portuguese in space

Local businessman Mário Ferreira is to become the first Portuguese person in space after having bought his ticket to take a trip onboard Sir Richard Branson's 'Virgin Galactic' commercial spaceflight.

Mário will be amongst the first 100 passengers who afforded to pay the \$200,000 ticket and have already reserved their seat.

Other passengers are said to include multi-millionaire entrepreneurs and international celebrities such as north-American actor Morgan Freeman, Victoria Principal, and singers Moby and Robbie Williams.

The spaceflight's inaugural voyage is set to occur in 2009, and will also have on board Sir Richard Branson himself.

On his website, Virgin-founder and self-made billionaire Branson said: "I can't wait to take my seat on our inaugural commercial spaceflight with my children".

During the course of this year, the website further confirms that a number of accredited space agents will be placed around the world, who are trained and specially selected to explain in detail the full experience.

Test flights are scheduled to take place from early 2008, in

Mojave, California.

Future passengers aboard Virgin Galactic 'spaceliners' can look forward to cushioned, reclining seats and lots of windows during the two-and-a-half hour suborbital flights, as well as several minutes of weightlessness and about 40 seconds to return to their seats.

Much resembling Sir Branson's 'rages to riches', self-made-man story, the Portuguese businessman began his career as a waiter, working in British holiday resorts before moving on to cruise ships. Later in life Mário Ferreira established a chain of restaurants and presently owns 12 'Boatels' on Northern Oporto's Douro River, part of his 'Douro Azul' hotel and tourism empire.

He is presently at Florida's NASA space centre, where Mário will undergo a year of training in preparation to take his seat on the spaceflight. His training and flight will be covered in full by a Portuguese TV channel.

Lisbon top in 10 for international congresses

The Portuguese capital has been included in a list containing the top ten most popular cities in the world for the staging of major international business meetings.

The rankings, compiled by the International Congress & Convention Association (ICCA) cover meetings organised by international associations, which take place on a regular basis and which rotate between a minimum of three countries.

As in 2005, Vienna tops the charts as the most popular city. Paris jumps four places to number two at the cost of Singapore, Barcelona and Berlin remain in the same order, but all drop one place to respectively third, fourth and fifth place.

Budapest and Seoul maintain their position in the top ten taking sixth and seventh place. Prague, which is eighth, and Copenhagen and Lisbon, which share ninth place, are all newcomers in the top ten.

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Barroso regrets Putin's suspension of EU-Russia pact



European Commission President **Durão Barroso** expressed deep disappointment last Saturday at Russia's announcement that it is suspending its participation in an arms treaty limiting the number of military forces in Europe.



EU SNIPPETS

Italians Arrested Over EU Fraud

Italian police arrested 45 people Monday on fraud charges, accusing them of corruption related to EU agricultural subsidies. The accused are suspected of having cheated the EU out of 50 million euros by lying about production levels, sales and unsold fruit produce data, as well as raising invoices for non-existent services. The suspects include heads of cooperatives and fruit producers. The group also includes civil servants tasked with checking the validity of subsidy claims. Of the 45 arrested, 15 suspects are being held by police and 30 placed under house arrest in the Calabria, Tuscany, Lazio and Piedmont regions. Another scandal involving an Italian European Commission official and two of his fellow countrymen - an assistant to a European parliamentarian and a businessman - saw all three jailed last month for their part in a corrupt scheme to defraud the EU out of tens of millions of euros.

Swiss Shell Out 245 Million Euros to EU Nations

Swiss authorities said last week they would pay 245 million euros to EU countries for the first full year of a levy designed to discourage EU residents from using Swiss bank accounts for tax evasion. Under an agreement that came into force in July 2005, Switzerland levies the 15 per cent withholding tax on interest payments made to residents of the EU who have bank accounts in the country. One quarter of the 536.7 million Swiss francs collected in tax revenue will be retained by Switzerland, while the rest will be paid to 25 EU countries, including Portugal. Nearly two-thirds of the amount heading for the EU will go to Germany, Italy and France. The other leading countries in the handout stakes are Britain and Spain.

EU Customs Seize Millions of Counterfeit Goods from Asia

About 135 million counterfeit cigarettes and over 550,000 other goods have been seized by EU customs officers as part of an operation codenamed Diabolo, which targeted container shipments from 16 Asian ports. Customs agents confiscated the equivalent of 20 container loads of cigarettes and goods such as textiles, furniture, suitcases, mobile phone accessories, shoes, electronics, toys, sunglasses, football equipment and even undeclared poultry meat. Brussels confirmed on Tuesday that the customs officials had acted in unison with their Asian counterparts in the raids. Over 300 EU customs officials also relied on support from international police services Interpol and Europol as well as the World Customs Organisation to zero in on shipments of counterfeits contained in normal, legitimate trade flows from Asia. EU Commission officials refused to name the 16 Asian ports involved in the operation.

EU Shoots Down Dutch-US Open Skies Pact

An EU court shot down the Netherlands so-called "open skies" aviation accord with the United States on Tuesday ruling it was illegal because such pacts should be between the EU and the US. The European Commission brought the case before the court in 2004 on the grounds that an EU member state could not have such a bilateral deal because it could give its carriers an unfair advantage over other members' airlines. The ruling makes the Netherlands the ninth EU country to have such a bilateral aviation accord with the US deemed to be illegal. Earlier this year, the Commission negotiated a landmark EU-US open skies agreement, which is aimed in part at removing the patchwork of existing bilateral accords with the US. This agreement is supposed to come into effect at the end of March 2008.

EU Parliament Slams Croatia's Sex Education Programme

The European Parliament has slammed a sex education programme for schools in Croatia saying it encourages discrimination. "Implementing a curriculum encouraging stigma and discrimination" could jeopardise Croatia's chances of becoming a member of the EU, MEPs said in a letter to top Croatian government officials. It goes on to express "concerns regarding the potential implementation of a reproductive health and sexual curriculum" that is not based on scientific research. The programme teaches that there should be no sexual relations outside marriage, no safe sex and no homosexuality. It has been approved by Croatia's education ministry and requires the health ministry's go-ahead in order to be introduced in elementary and secondary schools later this year. Almost 90 per cent of Croatia's 4.4 million citizens are Roman Catholics.

Russian President Vladimir Putin stunned western capitals last week when he announced the suspension of Moscow's participation in the Soviet-era Conventional Forces in Europe (CFE) treaty.

"The announcement regarding CFE was, as others have said, disappointing," Barroso said in New York at the United Nations after meeting with Secretary General Ban Ki-moon.

"It is sending a signal that is not the best signal, not the most helpful for the kind of relations we in Europe want to have with Russia," Barroso told journalists.

"We in the European Commission will stay interested in developing constructive, positive, strategic relations with Russia. Of course, there are sometimes some difficulties, but I believe we can deal with these difficulties in a global, positive and constructive framework," he added.

Barroso indicated that he would address the issue during a regular EU-Russia summit in the Russian city of Samara later this month.

The CFE accord was signed on November 19th, 1990 in Paris by the North Atlantic Treaty Organisation (NATO) and the Warsaw Pact communist countries and modified in 1999 after the fall of the Soviet Union.

NATO called for clarification on Monday from Moscow regarding Russia's suspension of its CFE membership.

Putin said the suspension was in response to United States plans to deploy an anti-missile system in eastern Europe.

Referring to ongoing EU-Russian relations, Barroso said: "Regarding specific issues about missiles, those should have been dealt with at another time and place, and we support all efforts to create the best possible atmosphere between the European Union and Russia".

Photo above: Russian President Vladimir Putin speaks to the media after a meeting with Czech President Vaclav Klaus in Moscow's Kremlin, 27 April 2007. The meeting focused mainly on the discussion of the deployment of U.S. anti-missile systems in the Czech Republic. (Photo: EPA/Alexander Zemlianichenko)

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UK Tax Amnesty to precede crackdown



UK Revenue and Customs announced an unprecedented amnesty for hundreds of thousands of British tax residents with assets offshore, including holiday homes, property companies and bank accounts, in an attempt to recover billions of pounds in unpaid tax. Taxpayers will be given two months to declare unpaid tax on rent from foreign properties, or on interest from accounts in the Channel Islands and other tax havens. Those coming forward will be charged a reduced penalty of 10 per cent compared with 100% in normal circumstances. The reprieve applies not only to tax dodgers, but also to ordinary taxpayers who may have mistakenly under declared, or who ingenuously may not realise they had to report overseas income.

Offshore Bank Accounts

Once the amnesty expires on 22 June, the UK Revenue are planning to crackdown on undeclared offshore assets. Tax officials have gained greater powers to probe accounts in offshore havens such as the Channel Islands and the Isle of Man. Last year the Revenue won a landmark case, which gave it the power to force Barclays to hand over the details of thousands of its offshore customers' accounts. Earlier this year four more banks - Lloyds TSB, Royal Bank of Scotland (which owns NatWest), HSBC and HBOS (which owns Halifax) - were forced to follow suit.

"There are still many who have been lethargic in assuming their tax responsibilities in Portugal and who continue to be seen as UK resident taxpayers even though they now live in Portugal" An estimated 3,000,000 people have offshore accounts. Not all realise they need to declare tax on interest earned overseas. People with offshore accounts should receive letters from their banks in the next few weeks telling them about the amnesty.

UK officials threaten to pursue those who fail to cooperate via aggressive sharing information with tax authorities abroad, and launching full-scale investigations that could stretch back up to 20 years. Anyone caught could face prosecution as well as a 100% penalty. The Revenue is sending out a clear message to taxpayers that this is their last chance to cooperate. Consequences promise to be severe for

those failing to own up to undeclared offshore assets once the amnesty comes to an end on June 22.

Rental Income Abroad

Many British nationals have bought property in Portugal: some as holiday homes, others for retirement, while still others as a buy-to-let investment. Whatever the motive, those who are still tax resident in the UK must follow certain crucial compliance steps: a) they are required to have a Fiscal Representative in Portugal; b) they must report any rental income to the Portuguese and settle with the *Finanças*; and c) a self-assessment is due in the UK, reporting the letting income as well as the international tax credits and deductions for necessary expenses.

UK Nationals in Portugal

UK Expatriates, who are tax resident in Portugal, will be unaffected by the Amnesty and subsequent crackdown since they are now taxable on a worldwide basis in Portugal, not the UK. These compliant individuals only pay British tax on income arising specifically within the UK, such as rent from UK property. However, there are still many who have been lethargic in assuming their tax responsibilities in Portugal and who have continued to be seen as UK resident taxpayers despite fact that they now reside in Portugal and only return to the Great Britain for occasional visits.

It is somewhat ironic that those paying tribute to the wrong taxman are being caught

The amazing Mays



A curious collection of dolls appeared along the EN 125 in Olhão on May day. Traditionally these dummy people called 'The Mays' are dressed up in regional clothes portaying typical activities to celebrate the day set aside for workers. (Photo: Lusa / Luis Forra)

in the web, not of the Portuguese, to whom they lawfully owe the tax but of greedy Gordon Brown, who wants even more of what he isn't entitled to in the first place!

What to do

If you live in Portugal more than 6 months of the year, it is now imperative that you become a registered and compliant

Portuguese tax resident. To achieve this status requires three important steps:

- 1) submission of your first Portuguese 'IRS' income tax declaration;
- 2) application for a *Certificate of Fiscal Residency* in Portugal; and
- 3) completion of the appropriate Revenue and Customs

forms to stop PAYE withholding and refund any inappropriately retained taxes.

People with complicated tax affairs are urged to seek professional advice urgently, because there are concerns that the limited time period will make it difficult for them to comply.

For most UK Expatriates living more or less full time in Por-

tugal, this amnesty should be at least a wake-up call to make sure their tax compliance affairs are in order before they find themselves under the magnifying glass of the tax inspectors from Revenue and Customs. Can it be long before key information is passed along and the *Finanças* inspectors follow suit?

Dennis Swing Greene

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Coimbra University professors Pedro Carvalheira and Pedro Gonçalves will be representing their institution at the Shell Eco Marathon in France with their eco-car with which they will attempt to travel 4,000 kilometres with one litre of fuel. (Photo: Lusa/Paulo Novas)

Portugal water utility moves into Mozambique



Portugal's AdP water utility is participating in a 95 million euros programme to expand and modernise water supply networks in and around the Mozambican capital, Maputo, officials have said.

In a statement last Friday, Portugal's ICEP exports agency said the five-year scheme would provide another 50,000 water mains and involved the rehabilitation of over 400 public drink-

ing fountains in the capital, as well as the cities of Matola and Boane.

AdP (Águas de Portugal) is being joined by VITENS of the Netherlands in the water-supply

upgrade work, being financed by the European Investment Bank (31 million euros), the European Union (25 million euros) and the Dutch state development agency (18.6 million euros). *TPN/Lusa*

Most Portuguese against new airport

The majority of Portuguese consider that Lisbon does not need a new international airport and oppose the choice of suburban Ota for the future facility, according to a poll published on Wednesday, the Lusa News Agency has reported.

The Barómetro Marktest poll showed that 57 percent of respondents opposed the construction of a new airport for the capital, while 35 percent backed the government's plans and eight percent expressed no opinion.

Metropolitan Lisbon was the region where opposition was strongest, with more than 60 percent expressing disagreement, according to the poll commissioned by daily newspaper *Diário de Notícias* and radio TSF.

An overwhelming majority, 72 percent, said the government should carry out further placement studies before making a final commitment to building the airport at Ota, located some 50 kms northeast of the city.

A further 18 percent said sufficient studies had been carried out and ten percent had no opinion.

Mortgage repayments up 21 percent

May 2007 marks the 18th month since countries using the single European monetary unit have seen interest rates on their home loan repayments record persistent increases.

It was at the beginning of December 2005 that the European Central Bank announced their first increases to interest rates in order to keep inflation down.

Since then, interest rates have been raised on seven occasions, with the biggest impact being recorded on mortgages.

As an illustration, for every 100,000 euros borrowed from banks for the purchase of real estate, Portuguese are now paying 1,000 euros more per annum than at the end of 2005, with monthly repayments having risen by up to 21 percent.

Jobless have doubled since 2000

The labour market is currently in one of its worst predicaments ever. Since 2000, the market has been failing to create sufficient jobs to compensate for job losses.

Calculations show that the total number of unemployed people in Portugal has risen by 108 percent since the turn of the millennium.

Long-term unemployment has recorded even worse results, and is up 120 percent in relation to figures reported seven years ago, a survey of National Statistics (INE) figures show.

Galp buys Timor oil stake

Portuguese oil company Galp Energia has acquired a ten percent stake in five oil exploration concessions operated in East Timor and one in Mozambique by ENI of Italy, company sources have said.

In a statement released Thursday, Galp said the Timorese blocs were in five different offshore zones over a total area of 12,100 square kilometres. The Mozambique bloc is also offshore with an area of 17,000 square kilometres.

Galp's participation in the Timorese and Mozambican oil blocs is subject to ratification by the Maputo and Dili governments, added the statement. *TPN/Lusa*

TAP revenue up 21 percent

The fortunes of national airline TAP Portugal continue to improve.

After spending many years in the red, the company revealed this week that revenue increased by 21 percent during the first quarter of 2007. Expenses, on the other hand, rose at a rate of 11 percent, an increase which has largely been attributed to constantly rising fuel costs.



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Alternatives to Holiday Let

by Dennis
Swing Greene

Licensing

Part 3 -

"Hospedagem": the Hybrid Solution

This is the third in a four part series examining different alternatives to Holiday Let Licensing:

- 1) **Keeping your Habitation Licence**
- 2) **Organising under "RAU"**
- 3) **"Hospedagem" - the Hybrid Solution**
- 4) **Compliance - Getting it Right**

Many foreign homeowners wish to make extra income from their properties. While a few run "rental" activities from January to December, most prefer a mixed arrangement: for most of the year, private usage

(typically in the off-season); for a few weeks or months (usually in the "peak season" summer months), letting out to tourists on a weekly or fortnightly basis. Within this hybrid category, some find their clients themselves, either through personal contacts or listing over the Internet. Others make arrangements with agencies (both in Portugal and abroad) who find and manage the holidaymakers who will be using the property.

The Guest House classification (*Hospedagem*) is intended for seasonal "commercial" usage. Licensing contemplates both private usage by the owner as well as letting out to tourists - by the house, apartment or room by room. Regulations are far more basic than the Tourist Development

Turística (tourist house). The only real obstacles are a) the submission of technical plans and b) the defined review process.

Your Choices

This solution contemplates three alternatives:

a) *Hospedaria*: This is the traditional Guest House or Bed & Breakfast type establishment. Normally comprised of a minimum of 6 and up to 30 bedrooms, this option would normally be complete with proper reception and support areas for the staff.

b) *Casas de Hóspedes*: This category is for letting the complete villa.

c) *Quartos Particulares*: This option contemplates letting out rooms individually. "Hospedagem" has been adopted by many Councils throughout Portugal. In the Alentejo, it is quite popular in rural townships for accommodating hunters during the hunting season. In the Algarve, however, not all of the Councils have passed this alternative into local statutes. Many local officials see this

option as a scaled down hotel or inn and are uncomfortable with the concept of mixed usage. Only a few licences have actually been issued, mostly for new properties. Licensing changeovers (habitation to *hospedagem*) are still uncommon.

Licensing

Like its cousin, the *Morada Turística*, a Guest House also requires formal licensing. However, not all *Câmaras* has adopted this regulatory option so it is important to determine what may or may not exist in your Council. Unlike the elaborate regulations for full-time Tourist Houses, rules for *Hospedagem* tend to be simple and based on common sense. Once again, the main hurdles are the Architectural Project and the Safety Plan. While neither is formidable, both require qualified professionals to take responsibility for the projects as well as assure an absence of illegal modifications to the property. **Next - Part 4: "Compliance - Getting it Right"**

Lisbon marches for marijuana

Two hundred and twenty cities spread across five continents took part in a global march on April 28th to legalise or normalise the cultivation, sale and consumption of cannabis.

In Portugal this took place for the first time last year in Lisbon, and united more than 200 people from all over the country through an on-line campaign.

Pedro Pombeiro, one of the march's main organisers, explained, "we don't belong to any political party or association, we are just various groups of people who grow and consume marijuana".

"We are under no illusion that, at least in Portugal, cannabis will be legalised any time soon, so with this march we just hope to incentive a debate concerning the issue".

According to Pedro Pombeiro, one of the main aspects that requires changing is current laws that establishes, how much is allowed for personal possession and consumption, as the present allowance is "very little", and "confuses consumers with dealers".

This year the congregation gathered at the Jardim das Amoreiras before marching from Largo do Rato to Largo Camões.

South Tagus subway opens

Despite not yet being fully operational, and not carrying passengers that are members of the public, the new metro extension south of the Tagus has, for the past week, been tested by a new team of drivers.

Amongst these drivers is a 21-year-old female, one of Portugal's few women locomotive drivers and almost certainly the youngest.

Everyday the new locomotive makes the routine journey between Corroios and Cova da Piedade to test its technological efficiency and safety, before its inauguration next Monday, May 7th, an event that will be presided over by the Minister of Public Works. The metro will commence its route every day from 06h30, stopping at seven new stations every five minutes.



Prime Minister José Socrates at the inauguration of the new metro extension south of the Tagus, which will link Corroios to Cova da Piedade. (Photo: Lusa / Antonio Cotrim)

Possibility of early Lisbon elections grows

The Socialist opposition in Lisbon City Hall said Friday, it was ready for early municipal elections, after Social Democratic Mayor António Carmona Rodrigues was notified he would be questioned as a suspect by magistrates investigating a real estate scandal.

A judicial source told Lusa late Thursday that Carmona Rodrigues would be interrogated as a "suspect" in the so-called Bragapark case involving a

shadowy exchange of prime downtown properties in the Portuguese capital between City Hall and a private developer.

The mayor's office said Thursday night that Carmona Rodrigues had yet to be formally notified of the judicial move.

The national Social Democratic Party leader, Luís Marques Mendes, declined immediate comment on the development.

The head of Lisbon's Socialists, Miguel Coelho, however,

said his party already had a candidate in waiting if the affair provoked early municipal elections.

Coelho declined to identify the potential candidate of the party, which is in power in central gov-

ernment.

A political independent, Carmona Rodrigues was elected as Lisbon mayor in 2005 on a Social Democratic Party slate.

His deputy, Fontão de

Carvalho, suspended his City Hall mandate in February, after being indicted in a bribery scandal and was also named as a suspect in the Bragapark case earlier this week. TPN/Lusa

Controversial exhibition on show in capital



As of this weekend, Lisbon is to become home to one of the most controversial exhibitions of modern times – the 'Bodies Exhibition' – which will feature 17 corpses and 270 human organs preserved by polymerization.

The exhibition has already stirred worldwide critique from various segments, which question the origins of the bodies and the way in which they are presented.

Those in favour counter-defend the technical and scientific quality of the exhibition, as well as its promotion of healthy behaviour.

Francisco Castor Sousa, president of the exhibition's Scientific Committee, explained that the event's organisation is not "well-deserving", but does help members of the public to have, "in the most life-like way possible", a notion of the complexity of the human organism, as well as encouraging pro-active behaviour concerning health.

However, a handful of other prominent medical experts consider the exhibition "morbid", "ethically abusive

of the use of its models and techniques", and "offers nothing more than what can be seen through images or mere photos".

The origins of the bodies featured in the exhibition have also caused great debate amongst world specialists.

Pharmacist Aaron Ginsburg, from the northern-American state of Massachusetts has reportedly guaranteed that the bodies were on loan to the exhibition for five years from the Chinese government at a cost of 25 million dollars.

Ginsburg further suggests that the bodies may have been of "prisoners, the poor, or lonely people without rights".

However, Roy Glover, head of the exhibition's medical board and international scientist has affirmed that whilst the bodies are of Chinese origins, they are corpses of people who

died of natural causes.

According to Glover, China was chosen as the origin for the bodies because "it is the country with the best dissectors", and who prepare corpses using polymerization methods that can take between 3.000 and 5.000 hours.

Developed in 1970 by German Gunther von Hagens, polymerization consists in the dehydration of bodies and organs before being preserved in silicone polymer.

The exhibition will be inaugurated this Saturday in Lisbon's Palácio dos Condes do Restelo, by the Royal Palace, after visiting cities including New York, Washington, Amsterdam, São Paulo, London, Miami, Seattle, Las Vegas and Durham.

Tickets will cost between €14.50 and €21.

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Artificial tennis island for Oeiras?



Tennis player Frederica Piedade from Portugal returns the ball to Sofia Arvidsson from Sweden during their match at the Estoril Open, 01 May 2007, in Lisbon. (Photo: Paulo Carrico / Lusa)

João Lagos, the man who has brought major sporting events to Portugal such as the Dakar Rally and the World Sailing Championships, is looking for backing to build a Dubai-like artificial island

in the Tagus River, off Oeiras, where events such as the Estoril Open could be held.

João Lagos, who is the director of the Estoril Open has even called on the government to make this

project a priority and allow Portugal the opportunity to regain the tournament it looks set to lose due to a lack of facilities. The island, if built, would be located in front of the Jamor National Stadium in the

vicinity of Cruz Quebrada. Mr Lagos apparently has the contacts to provide the financial backing for the venture, though he would require approval from the government and the Oeiras City Hall.

Youths experience first-hand drink-driving in Alcokarts

A handful of Lisbon youths had first-hand experience of what it is like to drive under the influence of alcohol, when road safety-awareness project Alcokarts came to the Praça do Comércio.

Promoted by the GARE association, an association for the Promotion of a Culture of Road Safety, Alcokarts attempt to

complete laps in a around a circuit, contoured obstacles whilst setbacks such as rain and wind are thrown in, in a kart that simulates drunk driving.

Other city-goers of all ages, including visitors and foreigners, were also invited to have a go at completing a lap in the Alcokarts, a fete that may have achieved its

objective of deterring drivers from drinking before sitting behind the wheel.

Alcokarts have already visited other Portuguese cities including Setúbal and Évora, and during the rest of this week also visited São Domingos de Rana, on Wednesday, and Portalegre on Friday.

Bus crash injures sixteen passengers

Sixteen passengers were injured a crash that occurred between a bus and a lorry, earlier this week in Ramada, Odivelas.

The accident took place on a municipal road that connects

Odivelas to Caneças.

Whilst Odivelas fire fighters say 15 people were injured, INEM emergency medical services confirm 16 injuries, though none were serious. Due to shock, a six-month-pregnant

woman fainted at the scene and was taken to hospital.

Eight of the injured were taken to the Hospital de Santa Maria, the remaining passengers being taken to Hospital Curry Cabral, both in Lisbon.

City Hall meetings to be broadcast on the web

Oeiras' City Hall and Municipal Assembly's public meetings will soon be transmitted live over

the Internet via a new site that will soon be launched and will also include a space for open, public

debates.

Approved last Friday by all of the municipality's deputies, once implemented the new website will aim to improve civilian's access to motions approved in meetings and debates, as well as closing the distance between electors and the elected.

Politician Marcos Sá, leader of Oeiras PS party and the person responsible for the proposition, said, "the fact we can have thousands of people watching, instead of the few that usually turn up, will allow for greater transparency and end unnecessary discussions concerning politics".

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English lessons could cease at Lisbon schools

English lessons held in 32 schools throughout the capital could soon cease to be taught if the government fails to settle a 54,000 euro debt it has with the company 'Know How', who is responsible for structuring the lessons.

Lisbon City Hall was issued a deadline, the end of May, to settle the difference.

According to Maria João Lopo de Carvalho, director of 'Know How', the company is now experiencing financial difficulties and has been forced to ask for loans to pay its 170 teachers, 50 of which work in schools in Lisbon.

After threatening on radio earlier this week to suspend the lessons with immediate effect, Maria de Carvalho was summoned to the City Hall and, allegedly, confronted with the 'incompatibility' of once having been an assessor for Lisbon City Hall's councillor for culture, as well as being head of a service-rendering company.

The City Hall has requested judicial input, which it is hoped will resolve the situation.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

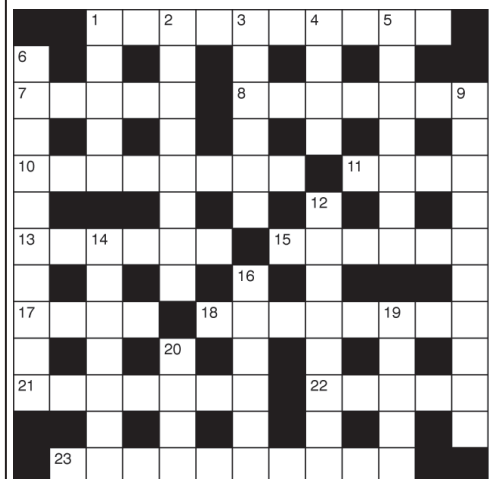
	1			6		5		
3	2			8		7	1	
		4				3		
8			4		1			
	3					8		
			8		2			9
		1				7		
7	4			5		6	3	
	6		7			4		

Last weeks solution:

1	4	9	8	7	2	3	5	6
8	3	5	9	6	1	2	7	4
6	2	7	5	4	3	1	8	9
5	7	1	3	2	9	6	4	8
2	9	8	6	1	4	7	3	5
3	6	4	7	5	8	9	1	2
7	8	3	4	9	6	5	2	1
9	5	2	1	8	7	4	6	3
4	1	6	2	3	5	8	9	7

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

The Portugal News Crossword No. 140



ACROSS

1. Tendency (10)
7. Correct (5)
8. Coagulated (7)
10. Explosive (8)
11. Prejudice (4)
13. Gaudy (6)
15. Treat (6)
17. Kiln (4)
18. Radio (8)
21. Menial (7)
22. Teacher (5)
23. Magazine (10)

DOWN

1. Heathen (5)
2. Hopefulness (8)
3. Site (6)
4. Differ (4)
5. Corresponded (7)
6. Marvellous (10)
9. Apothecary (10)
12. Regal (8)
14. Hold back (7)
16. Shaded (6)
19. Laud (5)
20. Cab (4)

QUICK CROSSWORD SOLUTIONS No.139

Across: 7 Unfashionable; 8 Straight; 9 View; 10 Obsess; 12 Afresh; 14 Lethal; 16 Tirade; 18 Aria; 20 Desolate; 22 Justification.

Down: 1 Unstable; 2 Parade; 3 Thug; 4 Contrast; 5 Salver; 6 Glee; 11 Solidify; 13 Sedition; 15 Hearth; 17 Relate; 19 Rout; 21 Sick.

Scientist brings forgotten city to life through literature



'Balsa – the Lost City' is a work of literary art by scientist Luis Fraga, which tells of an Algarvean city that dates back some 1,800 years and is today buried beneath the earth on which it once proudly stood.

According to 53-year-old Fraga, Balsa was once the second largest city of Lusitania, after Braga, once known as Bracara, which had some 15,000 inhabitants.

During the 80's highly important archaeological remains were recovered from the land, though the scientist believes much more remain to be found, most sadly disappeared over the past two decades.

For this Fraga partially blames the government for not having purchased the land, now known as Quinta de Torre d' Aires, near Pedras Del Rei, Santa Luzia, in 1976, leaving it open to exploitation.

According to Fraga, this allowed "a cultivator to destroy in three years what a millennium

and a half couldn't".

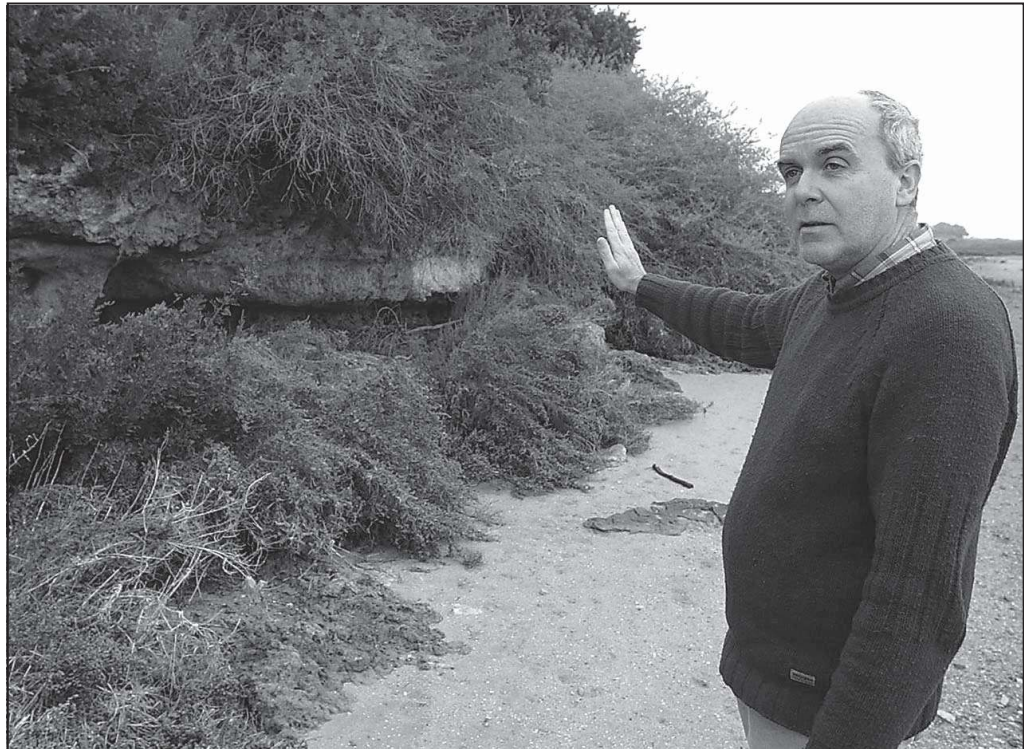
Only 10 per cent of what was once a prominent Algarvean city still survives, hectares of ruins have vanished, though it is believed intact artefacts could still be found throughout the area.

The 45-hectare city's existence was only discovered in 1866.

In comparison, at the time Balsa was greater in size than Faro (Ossónoba), which measures 29 hectares, and Lisbon (Olisipo).

The book 'Balsa, The Lost City' will be launched on May 26th, in Tavira.

"My book is not for specialists, but for anyone who is interested in getting to know the period," said Fraga, who guaranteed that, in 1989, there was only one book written on the topic.



Archeologist Luis Fraga da Silva showing the ruins from the lost Roman city of Balsa in Tavira. (Photo: Luis Forra / Lusa)

Laptops to help ease children's pain

Six laptop computers, donated to Faro Hospital by the Foundation for Information and Technological Information (FDTI), are now available on the children's wards as part of a project that aims to keep children entertained and in touch with friends and family, whilst in hospital.

With the aim of enhancing hospital paediatric services by improving IT structures, the two year project also aims to relieve ill children of some of the unpleasantness of being in hospital by offering, through the computers, moments of leisure and fun.

Family members will also benefit from the project, as poorer patients' parents will be allowed to take computers home to keep in touch with their children.

Brits robbed on Quarteira beach

According to recent reports, two British tourists, both women and 45 years in age, placed complaints with local authorities after their bags, which reportedly contained an estimated €7,900 in personal possessions, were stolen from Quarteira beach.

The two women had reportedly gone for a dip in the sea, leaving their bags unattended.

Upon their return the pair found their bags had disappeared and reported the incident to the local GNR, claiming to have not suspected or even seen anyone suspicious hanging around.

It is thought that one of the bags contained €400 in cash, a

€5,000 watch, a gold bracelet, a pair of earrings and a ring, in total estimated at around €7,000.

The other bag is said to have contained a watch, a ring and a pair of earrings, altogether worth around €900. A GNR spokesperson shared his incredulity by saying that leaving two bags, with gold jewellery, on the beach whilst swimming in the sea is "more than just a mistake, it is

complete carelessness for all safety rules". The same officer also claimed "many claims may be phoney", so that the individuals can obtain an official document that "in their countries of origin will allow for an insurance claim for the respective stolen items".

Despite this consideration, an investigation has been launched.

Brazilian woman arrested on suspicion of prostitute trafficking

A woman of Brazilian nationality was arrested and detained in Portimão on suspicion of luring young girls from Brazil to be illegally held in the Algarve and forced to work as prostitutes.

It has been reported that the girls, all in their late teens or early

twenties, were held in four houses, one in Portimão and three in Albufeira, to where clients were directed, found through adverts in daily newspapers and websites.

The girls were also forbidden from having their own mobile

phones. Portimão PJ police have described the woman as aged between 40 and 50, and is suspected of belonging to an international organisation. Investigations are ongoing, as police believe the network has not yet been totally dismantled.

Portimão photo competition

CLCC announced this week that it will once more sponsor the 7th Photographic Competition of Portimão, an initiative of the City Council of Portimão, organised by the Municipal Museum, and which is part of the commemorations of the Museum's International Day.

The competition will start on Saturday, 19th May 2007, at 8:00am, on the forecourt of the EMARP building and will finish at 20:00pm, on the same day and in the same place.

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Dinner dance in aid of Silves firemen



The event was thoroughly enjoyed by all.



The Silves Fire Department Fundraisers held a dinner dance at the Hotel Garbe on 21st April, in aid of the Silves volunteer firemen.

Paulo Matias and his team were congratulated for the first class food and service much enjoyed by all. During and after dinner Ana and Al entertained everyone and the evening was rounded off when Joana Dias gave her first public performance as a singer.

Fundraisers Angela and Ray

thanked everyone for their generosity in raising the sum of €2,194.

Special thanks go to Hotel Colina dos Mouros, Hotel Garbe, Porto Dona Maria at Praia da Luz, the California Restaurant, Happy's Restaurant, Chef António, Café Ingles, Margaret and Maurice Walton and The

Portugal Resident, for providing the major prizes.

To assist anyone who wants to become a Friend of the Silves Fire Department, Charles Bradshaw designed a form and information sheet. This and further information can be obtained by visiting the website www.algarve-bombeiros.com.

Ride The Algarve Way starts next weekend!



The countdown to an epic 240 km charity ride clear across the Algarve is now under way. Horses, riders and support teams are preparing for their challenging six day marathon, that will raise much needed funds for 'Riding for the Disabled in the Algarve' and for the 'Progressive Supranuclear Palsy (PSP) Association'.

With the main group of 20 riders now fully subscribed – each having raised €1,000 of sponsorship – and with other sponsorship continuing to mount, the organizers are confident that 'Ride the Algarve Way' from 13th to 19th May, will bring the success its charities deserve and that its participants and supporters will earn – mostly the hard way!

Steering the organization of the event are Jinny Harman, responsible for all equine and logistic matters, and Rod Frew, routemaster supreme and veteran of two previous rides, who first walked the course in 1998. Rod will navigate the group, along with accompanying 'day riders', from Alcoutim on the Spanish border in the east, to Cape St. Vincent in the west, along the medieval trail created by Mocarabe pilgrims, in homage to St. Vincent, martyred in Valencia in AD 303 and subsequently enshrined on the Cape.

Daunting as the ride itself may be – especially for the 10 UK-based riders taking part – even more challenging perhaps are the logistics and planning involved. Months of work have been underway on everything from

feed to fitness (both horses and riders), transport to tack, and from sponsorship to stopovers.

For an undertaking of this nature, extensive back-up is needed, including spare horses, veterinary, medical and farrier support, and mountains of material – feed, water, fencing, spare tack and transporters for horses, people and supplies.

The route must be checked out, just days ahead of the event, to ensure clear passage (a challenging solo task for Rod, by horse, by foot and by 4x4); night time stopovers for horses must be identified, provisioned, fenced and supervised (a support team member will sleep in a horse-box overnight, with the horses); overnight accommodation and feeding must be found and arranged for riders and supporters (difficult in some country districts); communications must be set up for areas where mobiles cannot function (walkie talkies will be used between the group leader and the 'sweeper' at the rear, responsible for ensuring that no rider gets lost or is abandoned). Fit horses must be found, trained and then allocated to visiting riders; lunchtime water stops must

be found that are accessible by jeep (at least 125 litres are needed for the horses at midday each day, along with picnics for the riders, which have been generously sponsored, to the tune of €500, by Batista Supermarket); facilities must be provided for the camera crew that is filming the event; and emergency first-aid, spare water, miles of bandages and wound cream must be carried by the back-up crew.

With many of these daunting tasks falling on Jinny Harman's shoulders, it is no surprise that she will be fully occupied both before and during the event, without the contemplation of contingencies such as accidents, lameness or bad weather, which may affect the ride.

Much will rest with the riders themselves, who are expected to be fit, ready and mounted on time each day, wholly responsible for morning and evening grooming and properly careful of tack and equipment – not to mention keenly aware of the opportunities for mishap in some very severe terrain, including many hills, steep rocky tracks, deep valleys and several river crossings.

Support for the event has been coming in from many quarters, both private and public. 'Day Sponsors' – given full 'ownership' of one of the six days – include Medal Insurance and Danshape Construction, whilst material support, in the way of both horse and human feed, transport and cash donations, has been received from bodies as disparate as the RTA, Apolónia Supermarket, Luzdoc, Luzcar, the Civil Governor of the Algarve and a number of the Camaras, through whose territory the ride will pass. After long days in the saddle, and in support vehicles, riders and support team members will be especially appreciative of the fine dinners to be offered by these generous hosts.

For spectators, there are innumerable points on the route from which to view the ride and to share in the excitement. Maps and instructions can be found on www.algarveway.com with further information available on www.ridethealgarveway.blogspot.com

Riders will certainly want to be cheered on their way as they stretch stamina and sinew for these two worthy charities. The Algarve itself can certainly be proud to be mounting a truly epic and exciting event such as this, all for such good causes.

For more information, contact Rod Frew on (+351) 282 443 284, e-mail rfrew@clix.pt or Jinny Harman (+351) 917 563 050, e-mail: qpahorseriding@gmail.com or Nathalie Baart on (+351) 914 248 714 or e-mail: algarveride@gmail.com.

St George raises €600

St George's night was celebrated three days early in Portimão when 55 Lords, Ladies, Gentlemen and Others filled Mariners Restaurant on Friday 20th April to celebrate the occasion and raise funds for two very worthwhile charities.

Master of ceremonies thoroughly English (Sir) John Havery, well known for his appearances as chairman of two highly successful Music Halls, ran the tongue-in-cheek proceedings. Also present to safeguard political correctness was the British (Scottish) Consul to the Algarve, Mr Bill Henderson accompanied by his wife and the chairman of the Royal British Legion, Mr Peter Wilkinson likewise accompanied by his wife.

A superb three-course meal was served, with the roast beef ceremoniously shown to the guests by the kilted, also Scot-

tish, owner of the restaurant Mr James Harley. Sir John when it was placed in front of him then performed the ceremonial slaughter of the dragon and after it was rendered harmless, ordered its removal to the kitchen to be sliced and served.

Many entertainments were provided by some of the highly talented guests present (all members of the Algarveans Theatre Group) and rousing English songs were also sung. A toast in Port wine was drunk to Her Royal Majesty in the presence of her portrait, kindly on loan from the British Consulate and a good time was had by one and all. Grateful thanks must go to all who gave raffle prizes and those who bought the tickets. The evening raised an impressive €600 to be evenly distributed between the Bombeiros Voluntarios of Lagoa and the Royal British Legion.

Jenny Crain



Portuguese player wins Algarve Squash Open

Barringtons Golf & Health Spa in Vale do Lobo hosted the Algarve Open Squash Tournament

2007 on their squash courts for the second year running, in what was a three day event. There were

more than 50 entrants coming from all over Portugal, Madeira, United Kingdom and Holland.

The final was played on Sunday, and André Lima from Oporto won the tournament. André went home the winner after beating Mathew Theodoris from the United Kingdom after a challenging game with the final scores being 3-1.

The tournament was the second in the Algarve for as many years, all the players and the federation confirmed that it had been a great event, and were looking forward to more Squash Tournaments in the future.

Barringtons were most grateful to Dunas Dourdas for Sponsoring the Dunas Dourdas Trophy, which was presented by their Managing Director Evy Ougendal. They would also like to thank Lococar in Faro, ORGA Algarve 2 in Almancil and the Portugal Resident.

The Federation have already confirmed that the event will take place at Barringtons next year.



André Lima went home the winner after beating Mathew Theodoris from the United Kingdom



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**Cristina Afonso set to dazzle at the Fair**

Cristina Afonso is undoubtedly one of the region's, if not the country's most talented and up-and-coming singers. Despite being visually impaired, Cristina has been passionate about music since childhood and has a prestigious curriculum of extensive acclaim to her name.

Born in Paris in 1970, Cristina has been singing and playing piano since she can remember.

She was introduced to American music through her brother's record collection, her earliest influences, which remain true to this day, including some of the biggest names in the industry, such as Stevie Wonder, James Brown, Ray Charles, Nat King Cole, George Benson and "Tom" Jobim.

As a result, Cristina has built a repertoire that covers a wide range of jazz, Latin, blues and the best of pop.

After studying at the 'Conservatório Nacional de Lisboa' from 1993 to 1999, Cristina set up her own jazz trio - a significant achievement given that she had become blind. Undeterred, in order to develop her love of music, she learned the complex skill of reading and writing music in Braille.

During the next five years she completed studies at the 'Universidade Nova de

Lisboa', earning a degree in 'Music Sciences'.

On her return to the Algarve in 2004 she started working with the international musicians who join her in the present quintet - Clive Pracy on drums and percussion, James Mellor on Keyboards, Luuk Meulema on guitar and vocals, and Dave Gauden on bass and bass guitar.

However, the band can, and frequently is, expanded to 6-or-7-piece with the addition of saxophone and trumpet. Cristina has musical arrangements for up to a 15-piece band and has the pleasure of performing with this unit for special events.

The key to Cristina's offering is flexibility and to work with the client to produce the right band to match the occasion - 'sophisticated fun' is what she likes to call it!

Don't miss Cristina Afonso next weekend at the Fair, on Sunday May 13th, from 15h30 - 17h30.

Entrance tickets cost €3.

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The big weekend on the big stage



Such was the enjoyment of last year's Fair that both exhibitors and visitors asked for it to stay open later so they could be entertained by a summer evening concert. What could be better than enjoying an evening in the warmth of the early summer with great food and entertainment? That's just what we plan to bring you next week in the Arena at the International Algarve Fair. Best of all, the concert is free as it's included in the €3 Fair entry fee (although there is a VIP area if you really want to have a front row view).

Entertainer João Lino is widely acknowledged to be one of the best Elvis tributes in Europe, he has the looks, and he has the voice, now we are giving him the biggest stage he has performed on in his career. He performed last December to a packed audience at the Lagoa Auditorium, and to a standing ovation. The audience wanted more, and that's what we plan to give them in the Arena. The Elvis Tribute Show also features the 'Presumed Innocent' dance troop.

A special lighting set will be constructed on Friday, along with a superb sound system (but not so loud as to spoil the enjoyment of your evening). The stage is also being extended into the Arena with a 'catwalk'.

Before The Elvis Tribute Show the fantastic Pink Cadillacs will be performing the hits of the 50's and 60's in their own dramatic style. This is pure Rock 'n Roll, not just to hear but also to see. Dressed in flamboyant pink, with all the style and showmanship of the era, they perform the great hits of the time such as Twist and Shout, Great Balls of Fire, Pretty Woman, Oh Boy, Mustang Sally, Twist Again, Marry Lou, Oh Carol, Rock Around The Clock and many others. The performance can best be described as 'electric', and don't expect to be able to stay seated!

Why not Dress 50's style for the evening?

This is going to be a weekend to remember, so if you love the music of pure Rock 'n Roll, why not dress up in the style of the time? There is space to dance, or maybe just for you to 'strut your stuff'. Bring your friends, and be prepared to really enjoy the great hits over again.

VIP seating

If you want to make the evening really special, there is a VIP seating area available for €15 a seat, on tables of four, which includes entry to the Fair, and a



The Pink Cadillacs

welcome drink. After that there is waiter service to bring drinks to your table. The tables are right next to the stage and catwalk, but early booking is advised as space is limited, and most have been reserved already. You may be able to book on the evening if there is any space available, at €12 per seat (as you will have already paid for entry to the Fair), but to be sure of avoiding disappointment phone 282 380 317 now and book your seat or table.

Viewing from the restaurants

There is a wide selection of restaurants and food styles around the Arena, and most will have seating available if you are eating from their restaurant. All have a good view of the big stage, so you can also enjoy a great meal and great music. Prices are reasonable, and the food is good.

Concert times

On Saturday the concert starts

at 20:00 and will finish at around 23:00. On Sunday the starting time is earlier at 18:30 and will finish at around 22:00.

There will be an interval between the two performances to give you time to have a look around the stands and stretch your legs. Don't worry about your seat if you are in the VIP area, the security staff will keep your seat for you.

Whatever you need for home or garden, it's at the Fair

Whatever you might need, now or in the future for your home and garden, you are sure to find it at the International Algarve Fair. With a vast array of stands offering an even larger choice of services and products, not mention cars, boats, jewellery and even health, the Fair is a must visit to see everything the Algarve has to offer you. The relaxed and spacious surroundings of the Fair will give you plenty of time to look around the stands, enjoy a meal in one of the many restaurants, and appreciate the entertainment. There's also plenty for the kids as well, so a visit to the Fair is truly a day out for all the family.

Afternoon entertainment, marching bands and jazz

The Portimão town Fireman's band will again be marching through the Fair on Saturday afternoon. This popular band comprises not just of adults, but some very talented children as well. For the younger visitors there will be clowns, juggling lessons, face painting and other activities specially for them.

On Sunday afternoon at 15:30, Jazz singer Cristina Afonso will be performing on the big stage in the arena. On Sunday afternoon at around 13:30 there will be a children's fashion show especially for young ladies in the 3 - 12 years olds.

How to get there

FATACIL, the Lagoa showground is on the main EN125 in Lagoa, opposite the fire station. There is plentiful parking in the roads around FATACIL. Entry is €3, children under 12 are free of charge. Your entry includes all the entertainment in the Arena, including the Rock 'n Roll Festival on Saturday and Sunday evenings. There are many restaurants offering a wide range of food and drink.

Opening times:
Saturday 12th May 15:00 - 23:00
Sunday 13th May 12:00 - 21:00



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Weak at the knees?

Due in part to the growing trend for extreme sports and the healthy lifestyle push, an epidemic of sports injury - particularly to the knee joints - is fast emerging. We talk to the experts about why the knee is so vulnerable and discover how to keep yours in tip top condition.

Our love of extreme sports and the government-led healthy lifestyle push, coupled with growing clinical obesity and a rapidly ageing population, have all contributed to Britain's growing epidemic of knee injuries.

"Without appropriate medical care, a knee injury can affect the rest of a person's life - it is, after all, the most complex joint in the human body and we should look after it," warns John King, consultant orthopaedic surgeon and eminent knee specialist.

"The knee joint is particularly vulnerable because it is not a joint that is held together by the shape of the bones at all," he explains.

"The lower end of the thigh bone is really two small balls sitting on the rather flat surface of the top of the shin bone and that offers no intrinsic stability and,

therefore, the joint depends very much on the ligaments, tendons and muscles around it.

"In addition to that, there are two very long levers - the shin bone and the thigh bone exerting their loads on the joint.

"The final problem is the tiny little kneecap on the front - this rubs against the lower end of the thigh bone, and the amount of surface in contact varies with the amount the knee is bent, but never represents the whole area of the kneecap, which is probably not much bigger than a 50p coin."

Such a vulnerable system can be knocked off balance very easily by intrinsic factors such as excessive bow legs or knock-knees; people whose joints move more than they should, particularly where the knee can bend backwards (hyperextension); people who have a

slightly stiff hip; and those whose feet go flat when running (pronation), according to Mr. King.

"The joint is also vulnerable from increased training loads, and overloading the joint between the kneecap and the front of the thigh bone can produce pain," he adds.

TRAINING FOR A MARATHON

Anyone thinking about training for a marathon or a long run must take certain steps to help prevent injury, King advises.

"Perhaps the most important thing in terms of kit is getting some well-fitting running shoes with plenty of shock absorption and, if you have a tendency for the foot to go flat, a shoe with some extra support under the arch of the foot."

Scheduling appropriate breaks into your training programme is also essential, King explains. These leave time for the necessary responses in your body's tissues to occur.

"Most people think about their muscles as power units designed to push them along as they run, but the muscles do get tired and failure to recognise this can cause some very significant problems.

"Before each training session it is extremely important to warm up, and warm down afterwards while doing gentle stretching exercises, and on the big day you must maintain the pace you know you can keep - don't get carried away because you are in a big crowd."

Although regular runners probably know this, for many people a marathon is a one-off and they are not aware that roads and pavements have a in-built camber to shed water when it rains, King says.

"This means that if you always run the same route on the same side of the road you are going to be running across a slope and so it is quite important to change around so that the abnormalities are spread evenly between the two legs.

"Finally, be absolutely meticulous about drinking en route as dehydration can severely affect your performance and overall health.

"And at the end of the run make sure you keep hydrated,



Female athletes are up to eight times more likely to suffer knee injuries during their careers than males.

warm and stretch down - and don't plan too much the following day!"

LOOKING AFTER YOUR KNEES

In overall terms, there are a number of fairly simple rules for looking after your knees and

the first is not to let your weight go up, King says.

"The second is to maintain good muscle tone, because if you have got some damage in the knee and it hurts to run long distances you will need to maintain your muscle tone in a non-impact way



"Without appropriate medical care, a knee injury can affect the rest of a person's life - it is, after all, the most complex joint in the human body and we should look after it," warns John King, consultant orthopaedic surgeon and eminent knee specialist.



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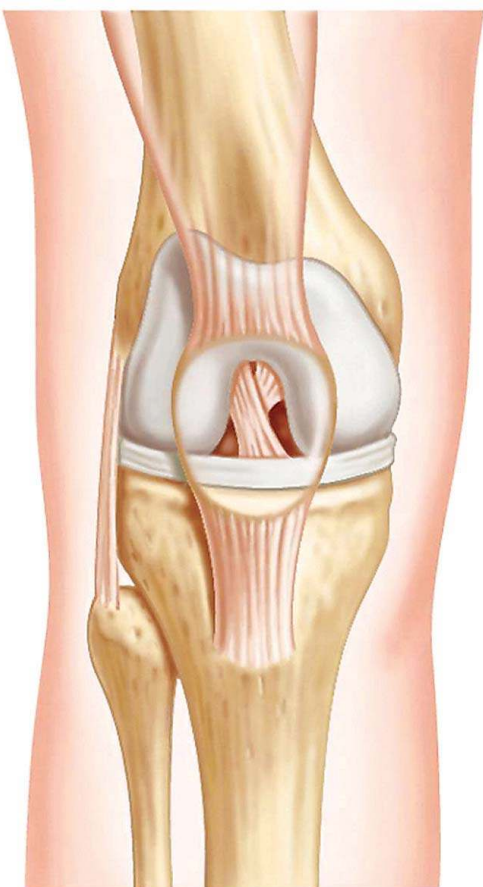
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"The knee joint is particularly vulnerable because it is not a joint that is held together by the shape of the bones at all," explains consultant, John King.

in a gym or cycling, cross-training or even going to spin classes.

"Always make sure that you have got good shock-absorbing footwear which corrects any biomechanical problems you may have in your feet," he adds.

"If you've got a slightly painful joint, even with some early osteoarthritis, there is no reason not to keep fit - at the end of the day joints can be replaced, and if you wear them out trying to keep your heart in good condition, it seems to me quite a good exchange."

There are lots of aids available short of surgery and it is well worth discussing supplements with your GP, or even looking at some of the modern sports braces which may offer support to some of the more tired ligaments within the joints.

For more information on the latest in knee bracing visit DonJoy's new website www.donjoy.eu or call 0800 587 0857. Many supplements are available on the market, including Health Perception's

glucosamine range - widely available from Boots and health stores or visit www.health-perception.co.uk.

FACTS YOU 'KNEED' TO KNOW

∴ Nearly everyone will complain of a 'bad knee' at some time in his or her life, through injury or osteoarthritis.

∴ Female athletes are up to eight times more likely to suffer knee injuries during their careers than males.

∴ We are all born without a kneecap, and babies have no knees until they are two to six years old.

∴ Knee and hip osteoarthritis affects 10-20% of people aged over 65, and this year the number of Britons over 65 will exceed those aged under 16 for the first time, as the post WWII baby boomers start to reach retirement age.

∴ Eight million people in the UK are affected by knee injuries; only one million of these ask for treatment.

Emma Pomfret



Anyone thinking about training for a marathon or a long run must take certain steps to help prevent injury, John King, consultant orthopaedic surgeon and eminent knee specialist, advises. (Photos: Press Association)

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BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Great British Menu. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The World Championship. Live coverage of the first semi-final. Continues on BBC Two. (T) 4.30 Final Score. (T)

5.10 BBC News; Regional News; Weather. (T)
5.30 Just for Laughs. A girl in a bikini needs help getting changed, things get wet and wild at a hair salon and a shoe is put to an unconventional use. Hidden camera show in which members of the public find themselves in extraordinary situations. (T)

6.00 The People's Quiz. Jamie Theakston hosts as 10 of the final 20 contestants battle it out in the studio, competing in rounds including Only the Strong Survive and Brain Chain. The winning contestant selects one participant from the remaining nine to compete against for a place in the grand final. (T)

7.00 Doctor Who. Martha gets a chance to catch up with her family when the Doctor takes her back to present-day Earth, but the pair are soon thrown into an encounter with a mysterious scientist. (T)

7.45 Any Dream Will Do? Graham Norton presents as the remaining eight would-be Josephs take the stage, aiming to impress Andrew Lloyd Webber, the judges and the viewers at home. Results can be seen at 9.45pm. (T)

8.45 Casualty. Tess becomes distressed when Sam fails to show up for work. Selena treats a mother with a spinal injury and argues with Nathan over whether to keep the baby. (T)

9.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. (T)

9.45 Any Dream Will Do? Meat Loaf performs his latest single and discusses his West End experiences, and Graham Norton reveals who will be the fifth contestant to depart following a live sing-off. (T)

10.15 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of this afternoon's Premiership fixtures, including Manchester City v Manchester United at the City of Manchester Stadium and Aston Villa v Sheffield United at Villa Park. Stuart Pearce's City would love nothing more than to scupper the championship hopes of their city rivals and a repeat of last season's 3-1 victory over United would do just that. The Blades haven't inflicted a home defeat on the Villans since 1966, but they must end that barren run here or risk going into the final game of the season needing a victory to survive. Plus, action from Fulham v Liverpool and West Ham United v Bolton Wanderers. (T)

12.00 FILM: Throw Momma from the Train (1987). Black comedy, directed by and starring Danny DeVito. (T) 1.25 Friday Night with Jonathan Ross; (R) Weatherview. 2.25 BBC News 24.



BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory; (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Arthur. (R) (T) 7.35 Watch My Chops. (R) (T) 8.00 Mona the Vampire; (R) (T) Bernard. (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 Hider in the House. (T) 10.00 What's New Scooby-Doo? (R) (T) 10.20 The Cramp Twins. (R) (T) 10.30 Totally Doctor Who. (R) (T) 11.00 The Story of Tracy Beaker; (R) (T) Bernard. (T) 11.30 The Fairly OddParents. (R) (T) 11.45 Sportsround. (T) 12.00 See Hear. (T) 12.30 Badminton Horse Trials. Live coverage of the cross-country discipline. (T) 4.30 Snooker: The World Championship. The first semi-final. Subsequent programmes subject to change. (T) 5.25 Flog It! (R) (T) 6.10 The Culture Show. (T) 7.00 Snooker: The World Championship. Hazel Irvine, Steve Davis and John Parrott present live coverage of the second semi-final at the Crucible Theatre in Sheffield. Subsequent programmes subject to change. (T) 10.00 Have I Got a Bit More News for You. Extended version of Friday's edition of the satirical current affairs quiz, presented by guest host Bill Bailey, with regular team captains Ian Hislop and Paul Merton. (T) 10.40 TOTP2 Goes Eurovision. (T) 11.40 FILM: The Fabulous Baker Boys (1989). Musical drama, starring Jeff and Beau Bridges. (T) 1.30 The Culture Show. The Manic Street Preachers guest. (R) 2.20 FILM: Miss Julie (1999). Drama, starring Saffron Burrows. (T) 4.00 Close.

Pick of the Day

Parkinson (ITV1 Granada, 10.40pm)

The King of Chat is back on our screens for another series of his talk show, which never fails to impress with its sparkling line-up of celebrity guests. Parky is no stranger to the rich and famous and throughout his long and industrious career has chatted with the likes of James Cagney and Gene Kelly as well as modern greats as diverse as Ozzy Osbourne, Miss Piggy and Prime Minister Tony Blair. His down-to-earth style and relaxed and open attitude has made him a hit in the showbiz world and Billy Connolly and the late Kenneth Williams hold the joint lead for a staggering eight appearances each on the veteran's show. While you may think Parky has surely exhausted all the names that are worth tuning in to watch, this opening episode proves that it is simply not the case as Doctor Who star David Tennant, Peep Show comedian David Mitchell and actress Amanda Holden all take time out for a chat. Grammy-nominated singer Michael Buble provides the musical entertainment on another spectacular episode.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Musicool. (R) (T) 10.25 T4: Popworld. (T) 11.15 T4: Friends. (R) (T) 11.50 T4: Friends. (R) (T) 12.25 Shipwrecked 2007: The Hutcam Diaries. (R) (T) 12.55 Shipwrecked 2007: Battle of the Islands. (R) (T) 2.00 Channel 4 Racing from Newmarket and Goodwood. Including the 3.15 Stan James 2000 Guineas Stakes (1m). (T) 4.15 Location, Location, Location. (R) (T) 4.50 Deal or No Deal Classic. (R) (T) 5.35 Monarchy by David Starkey. (R) (T) 6.40 Channel 4 News. (T) 7.05 Unreported World. Hamida Ghafour reports from Bolivia, where President Evo Morales' determination to redistribute land and resources has led to confrontation between various factions. (T) 7.35 Houses of Power. The structural merits of world leaders' homes come under the scrutiny of the Head of English Heritage Simon Thurley, who explores 10 Downing Street, the White House and the Kremlin. (T) 9.05 FILM: Road to Perdition (2002). A devoted husband and father leading a secret life as a Mob hit-man faces a crisis when his son witnesses one of his killings. Acclaimed gangster drama, starring Tom Hanks. (T) 11.15 FILM: The Long Good Friday (1980). Gangland thriller, starring Bob Hoskins. (T) 1.20 Ibiza Rocks. (R) (T) 1.55 FILM: Thursday (1998). Thriller, starring Thomas Jane. (T) 3.30 FILM: 20 Dates (1998). Spoof documentary, starring Myles Berkowitz. (T) 4.55 Dish. Short erotic tale. (R) (T) 5.05 Loves Me, Loves Me Not. (R) (T) 5.15 In Your Dreams. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake! Franklin. (R) (T) 7.25 Mist: Sheepdog Tales. (T) 7.35 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowerrots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 World's Strongest Man. (R) (T) 12.05 Man Eaters: Fangs and Claws. (R) (T) 1.05 Built for the Kill. (R) (T) 1.50 FILM: The Woman in Question (1950). Thriller, starring Dirk Bogarde. (T) (bw) 3.25 FILM: Columbo: Requiem for a Falling Star (1973). Crime drama, starring Peter Falk. (T) 4.55 FILM: Rocketman (1987). Disney sci-fi comedy, starring Harold Williams. (T) 6.25 FILM: Grumpy Old Men (1993). Two elderly neighbours' constant bickering takes on a new twist as a glamorous widow moves in nearby. Backbiting comedy, starring Jack Lemmon and Walter Matthau. (R) 8.15 five news and sport. (T) 8.40 NCIS. A private investigator finds the body of a missing Navy officer in a car at the bottom of a lake, and the discovery of a bullet leads the team to suspect the man was murdered. (R) (T) 9.35 CSI: NY. The team investigate the murder of a showgirl and discover the victim is a drag queen. Meanwhile, Lindsay testifies against a man who murdered four of her friends. (T) 10.35 Law & Order. (T) 11.35 Grey's Anatomy. (R) (T) 12.35 Grey's Anatomy. (R) (T) 1.35 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0700 Brinca Comigo
0900 Ecoman 1000 O
Ultimo Leopardo 1100
Descobrir Portugal
1200 A Minha Sogra é um Bruxa 1230
Destinos.Pt 1300 News
1415 Top+ 2100 A Voz do Cidadão 2115 Dança Comigo 2315 Just Cause, film
RTP2
0645 Weather 0700
Euronews 0730 Africa 7
Days 0800 News 0900
University 1200 Vida por Vida 1230 Câmara Clara 1330 Bombordo 1400
Parlament 1500 Sport 1900 Couto & Coutadas 1930 Geração Cientista 2000 Hi Hi Puffy Ami Yumi 2030 Kultio 2100
Vidas 2150 Loto Draw 2200 News
SIC
0700 Children TV 0900
Disney Kids 1100 Uma Aventura 1200 Our World 1300 News 1400
Extase 1500 Ugly Betty 1700 Ghost Whisperer 1800 Film TBA 2000 News 2130
Desorevebudis 2215
Página da Vida 0000
Film TBA
TVI
0700 Children TV 1000
O Banho Dos Quatro 1130 DeLuxa 1300 News 1400 Heroes 1600 Film TBA 1800 Film TBA 2000
News 0045 Film TBA 0430 As Feticheiras

Best of the Rest

BBC3
7.00 The Real Hustle 7.15 The Real Hustle 7.45 Doctor Who Confidential 8.25 Top Gear 9.30 Film: Kill Bill: Vol One 18 (2003)
11.10 Little Britain 11.40 Two Pints of Lager and a Packet of Crisps 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Ideal 1.10 Rob Brydon's Annually Retentive 1.40 The Real Hustle 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.05 Ideal 3.35 Rob Brydon's Annually Retentive 4.05 Close
BBC4
7.00 Europe: A Natural History 7.50 The Lost World 9.05 The Worst Journey in the World 10.05 Saki: Who Killed Mrs De Ropp? 11.05 The Double Life of Saki 12.00 Europe: A Natural History 12.50 The Worst Journey in the World 1.50 Saki: Who Killed Mrs De Ropp? 2.50 The Double Life of Saki 3.50 Close
ITV2
2.35 Holiday Showdown 3.35 Holidays Undercover 4.35 Who Wants to Be a Millionaire? 5.35 Movies Now 5.45 Smallville 6.45 Spider-Man 3: UK Premiere Special 7.15 Nanny 911 8.15 Neighbours from Hell 9.15 Greased Lightnin' 10.10 The Planet's Funniest Animals 10.40 Greased Lightnin' Results 11.10 Film: Death Becomes Her PG (1992) 1.10 Grease Is the Word: Live 2.40 Grease Is the Word Results 3.10 Make Your Play: ITV Play 3.40 Emmerdale 6.00 Close
Sky One
1.00 Bones 2.00 Bones 3.00 Relic Hunter 4.00 The Dog Whisperer

4.30 The Dog Whisperer 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 Futurama 7.30 Futurama 8.00 Cold Case 9.00 Bones 10.00 24 11.00 The Beckhams Go to Hollywood 12.00 Rock Star Families 1.00 Naked in Blackpool 1.50 Red Light Girls 2.40 Buffy the Vampire Slayer 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 World's Craziest Videos 5.35 America's Dumbest Criminals
UKTV Gold
1.00 My Hero 1.40 My Family 2.20 My Family 3.00 Doctor Who 4.00 Supervolcano 6.30 Some Mothers Do 'Ave 'Em 7.10 Porridge 7.50 Open All Hours 8.30 Jim'll Fix It Strikes Again 9.00 Jonathan Creek 10.20 Film: Big Daddy 12 (1999) 12.10 I'm Alan Partridge 12.45 Have I Got 2001 for You 1.45 Room 101 2.20 Have I Got 2001 for You 3.30 EastEnders 3.30 Dallas 4.20 Dallas 5.10 Dallas
TCM
1.10 The Shop Around the Corner U (1940) 3.00 Willy Wonka and the Chocolate Factory PG (1971) 4.50 Major Dundee PG (1965) 7.10 Murder by Death PG (1976) 9.00 Dirty Harry 18 (1971) 10.55 The Lady from Shanghai PG (1947) 12.45 Guns for San Sebastian PG (1968) 2.35 Teleshopping 2.55 The Champ PG (1979)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Jump In! (2007) Drama, starring Corbin Bleu.

MOVIES

Sky Movies Drama

6.00 By Dawn's Early Light PG (2000) 7.50 The Winning Season U (2004) 9.35 Big Spender PG (2003) 11.15 A Good Woman PG (2004) With Helen Hunt. 12.55 Jarhead 15 (2005) With Jake Gyllenhaal. 3.00 The Winning Season U (2004) With Matthew Modine. 4.40 Big Spender PG (2003) With Casper Van Dien. 6.20 A Good Woman PG (2004) With Helen Hunt. 8.00 Jarhead 15 (2005) With Jake Gyllenhaal. 10.05 The Cotton Club 15 (1984) With Richard Gere. 12.15 The Devil's Advocate 18 (1997) With Al Pacino. 2.40 True Colors 15 (1991) With Imogen Stubbs. 4.35 By Dawn's Early Light PG (2000)

Sky Movies Comedy

7.00 Mastermind PG (1976) 8.45 The Honeymooners PG (2005) 10.30 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 12.30 American Pie Presents: Band Camp 15 (2005) With Eugene Levy. 2.15 The Honeymooners PG (2005) With Cedric the Entertainer. 4.00 Outrageous Fortune 15 (1987) With Bette Midler. 6.00 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) With Patrick Swayze. 8.00 American Pie Presents: Band Camp 15 (2005) With Eugene Levy. 9.40 The Top

10 Show 10.00 Outrageous Fortune 15 (1987) With Bette Midler. 11.40 Black Sheep 12 (1996) With Chris Farley. 1.10 Mr Reliable 15 (1996) With Colin Fries. 3.05 Deuce Bigalow: European Gigolo 15 (2005) 4.35 Mastermind PG (1976)

Sky Movies Action

6.00 The Monkey King 9.00 Before and After 12 (1996) 11.00 Attack Force Z 15 (1981) With Mel Gibson. 12.50 The Monkey King 3.50 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 6.10 Attack Force Z 15 (1981) With Mel Gibson. 8.00 Batman Begins 12 (2005) With Christian Bale. 10.25 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 12.40 An Innocent Man 18 (1989) With Tom Selleck. 2.40 The Monkey King 5.30 Action & Thriller Close Up

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Soccer AM's All Sports Show 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Manchester City v Manchester United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Rugby Union. Leicester Tigers v Bristol (Kick-off 5.30pm). 7.55 Champions League Weekly 8.25 Football First 10.15 Football First 11.30 Football First 12.45 Football First 2.00 Live Big Fight Special. Oscar De La Hoya v Floyd Mayweather. 5.00 Moto Plus 5.30 Champions League Weekly

Sky Sports 2

6.00 Big Fight Countdown 6.30 Live Rugby Union. Highlanders v Brumbies (Kick-off 6.30am). 8.30 Live Rugby Union. Hurricanes v Waratahs (Kick-off 8.35am). 10.30 Big Fight Countdown 11.00 Max Power 12.00 Live European Tour Golf. The Italia Open. 4.00 Big Fight Countdown 4.30 Live Super League. Hull FC v Hull Kingston Rovers (Kick-off 5.00pm). 7.00 Live Super League. Wigan Warriors v St Helens (Kick-off 7.00pm). 9.00 America's Cup Sailing 10.00 Rugby Union 12.00 America's Cup Sailing 1.00 Spanish Football 3.00 Football First 4.15 Football First 5.30 British Formula Ford Championship

Sky Sports 3

6.00 Sports Unlimited 7.00 America's Cup Sailing 8.00 Max Power 9.00 Racing News 10.00 NBA Basketball 12.00 Big Fight Countdown 12.30 Live Rugby Union. Gloucester v Saracens (Kick-off 1.00pm). 3.00 Live Rugby

Union. Army v Navy (Kick-off 3.00pm). 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Golf Night 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Golf Night

British Eurosport

6.00 Live MotoGP. The 125cc Chinese Grand Prix qualifying session. 6.45 Live MotoGP. The MotoGP Chinese Grand Prix qualifying session. 8.00 Live MotoGP. The 250cc Chinese Grand Prix qualifying session. 9.00 World Rally Championship 9.30 Snooker 10.00 Live Snooker. The second World Championship semi-final. 1.00 Live WTA Tennis. The J&S Cup semi-finals. 3.00 Live Snooker. The final session of the first World Championship semi-final. 5.30 Eurosport Buzz 6.00 MotoGP 7.00 Live Snooker. The final session of the second World Championship semi-final. 10.00 MotoGP 12.00 Snooker 1.00 Close 4.45 Live MotoGP. Coverage of the 125cc Chinese Grand Prix.

Sky Sports Xtra

6.00 World Sport 6.30 Sky Sports Classics 6.45 Conference Football 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live America's Cup Sailing 3.00 NBA World 4.00 Max Power 5.00 Rally Basketball 7.00 Live Spanish Football. Real Sociedad v Barcelona (Kick-off 7.00pm). 9.00 Live Spanish Football. Deportivo La Coruna v Valencia (Kick-off 9.00pm). 11.00 Super League 3.00 Rugby Union 5.00 America's Cup Sailing

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BBC1

6.00 Breakfast. (T) 7.35 Live MotoGP. The Chinese Grand Prix. (T) 9.00 Sunday AM; (T) BBC News. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.35 Keeping Up Appearances. (R) (T) 2.05 Murder, She Wrote. (R) (T) 2.50 EastEnders. (T) 4.45 We Love The Sky at Night. (T)

5.15 Points of View. With Terry Wogan. (T)
5.30 Shaun the Sheep. The woolly hero tries to steal the farmer's hot water. (R) (T)
5.40 Songs of Praise. The inspiration of Mary, the Mother of Jesus. (T)

6.15 Castaway. Island-based reality series. (T)
6.50 Antiques Roadshow. The team travel to Mount Stewart, Co Down in Northern Ireland, where they cast their eyes over a badly damaged painting once thrown in a skip before giving it a staggering valuation. (R) (T) BBC News; Regional News; Weather. (T)

7.35 Victoria's Empire. Victoria Wood discovers how the people of Ghana and Jamaica are moving on from their connections with the slave trade as she continues to discover the legacy of life under British rule. She also travels to the Canadian province of Newfoundland, where she has tea with a monarchist and searches for fairies. (T)
9.00 Dalziel & Pascoe. Part one of two. The detective duo are called upon after a man kills his wife in a precise imitation of an illusionist's act on a TV show. When the mutilated body of another woman involved with the couple's solicitor is found with a mysterious symbol carved into her skin, Dalziel and Pascoe find themselves being drawn into the world of the paranormal. Richard E Grant guest stars, with Warren Clarke and Colin Buchanan. Concludes next Sunday. (T)

10.00 BBC News; Weather. (T)
10.20 Match of the Day 2. Adrian Chiles presents highlights of today's Premiership clash between London rivals Arsenal and Chelsea at the Emirates Stadium. The Blues haven't lost to the Gunners in any competition since 2004, but were held to a 1-1 draw at Stamford Bridge back in December and can't afford a repeat of that result or their hopes of overhauling Manchester United at the top of the table will diminish. Plus, action from yesterday's top-flight games, including Manchester City v Manchester United. (T)

11.10 The Sky at Night. Patrick Moore celebrates the show's 50th anniversary at his home in Selsey, joined by astronomers, astronauts and stars including Terry Pratchett and Myleene Klass. (T)
11.40 FILM: Invasion of the Body Snatchers (1978). Sci-fi thriller, starring Donald Sutherland; (T) Weatherview

1.35 Sign Zone: Holby City. (R) (T) 2.35 Sign Zone: Antiques Roadshow. (R) (T) 3.25 Sign Zone: To Buy or Not to Buy. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Teletubbies. (R) (T)
6.30 Balamory; (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. (T) 9.30 Match of the Day. (R) (T) 11.00 Something for the Weekend. (T) 12.30 Inside Sport. (T) 1.15 Rugby Union. (T) 2.00 Badminton Horse Trials. Live coverage of the show jumping discipline. (T) 3.00 Snooker: The World Championship. Live coverage of the opening session of the final. Subsequent programmes subject to change. (T) 5.30 Big Cat Diary Family Histories. (R) (T) 6.00 Water Voles. (R) (T) 6.10 Natural World. (R) (T) 7.00 Cooking in the Danger Zone. New series. Stefan Gates looks at the culinary offerings of the world's most dangerous places, sampling foods many Britons would consider unsavoury. He begins his trip in the Arctic, where he learns about the diet of the Inuit and plucks up the courage to participate in a seal hunt. However, he faces his biggest dilemma in South Korea when he is offered a bowl of dog stew. (T) 8.00 Snooker: The World Championship. Hazel Irvine and Ray Stubbs present live coverage of the second session of the final at the Crucible Theatre, where a further eight frames are scheduled to be played. Subsequent programmes subject to change. (T) 11.00 Graham Norton Uncut. (T) 11.45 Roman's Empire. (R) (T) 12.15 Family Guy. (T) 12.40 Family Guy. (T) 1.00 FILM: Bubble Boy (2001). Romantic comedy, starring Jake Gyllenhaal. (T) 2.20 Close.

Pick of the Day

Joey (five, 7.10pm)

Although the first offering of this spin-off from the internationally successful comedy Friends was met with decidedly mediocre ratings, a second series was commissioned and Matt LeBlanc readjusted his stupid hat to become Joey Tribbiani once more. In the first of a double-bill, Joey's career is on the up when he gets the lead part in an \$80million action movie. Unfortunately his dream job is hampered somewhat when he meets unruly child actor Kenny who takes an instant dislike to him. After being given two conflicting sets of advice from different people, Joey sets off back to the set and tries to flatter the spoilt star. When this doesn't work, the actor loses his temper and decides to implement his sister's suggestion, promptly spanking the boy in front of the crew and his co-workers. Naturally, this is met with unadulterated shock - has Joey ruined his big chance before it's even started? Meanwhile, Gina comes up with a plan to help Alex get over her brother and tells her the only way to forget about a guy is to find another one. However, the list of potential suitors she draws up for her friend can't persuade Alex to stop thinking about Joey.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 Five Oceans Ultimate Solo Challenge. 8.25 New Shoots: Films from Disabled Directors. (T) 8.55 T4: Hollyoaks. (T) 11.25 T4: Shipwrecked 2007: The Cutman Diaries. (T) 12.00 T4: Musicool: The Live Show. (T) 1.40 Channel 4 Racing from Newmarket and Salisbury. Including the 3.10 Stan James 1000 Guineas Stakes (1m). (T) 4.00 T4: Ugly Betty. (R) (T) 5.00 Deal or No Deal. (T) 5.45 Scrapheap Challenge. (T) 6.45 Shipwrecked 2007: Battle of the Islands. (T) 7.45 Channel 4 News. (T) 8.00 Wife Swap. Single mum Michele Elizabeth from Derby, whose mission in life is to liberate women by teaching pole dancing, trades places with Yorkshire wife Donna Mitchell, who caters to her husband's every need and believes in old-fashioned values. The hectic schedule of sexually liberated Michele means her children have to be independent and help around the house, while Donna's offspring have been taught that men's needs always come first. (T) 9.00 Lucas & Walliams' Perfect Night In. New series. Little Britain stars Matt Lucas and David Walliams choose the TV and movie moments they believe would make an ideal night's viewing. Clips include Grange Hill and Gordon the Gopher. (T) 11.10 FILM: Stand By Me (1986). Bittersweet drama, starring River Phoenix. (T) 12.45 Ibiza Rocks. (R) (T) 1.20 Ibiza Rocks. (R) (T) 1.50 Get Your Act Together with Harvey Goldsmith. (R) (T) 2.50 Empires of Stone. (R) (T) 3.50 Houses of Power. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flower tots. (R) (T) 6.20 Franny's Feet. (R) (T) 6.35 Sailor Sid. (R) (T) 6.40 Bird Bath. (R) (T) 6.45 Franklin. (R) (T) 7.10 Mist: Sheepdog Tales. (T) 7.25 Little Princess. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.50 Say It with Noddy. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flower tots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Property Developing Abroad. (R) (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 House Doctor: Inside and Out. (R) (T) 12.50 five news update. (T) 12.55 FILM: Ten Wanted Men (1955). Western, starring Randolph Scott. (T) 2.20 FILM: To Walk with Lions (1998). Fact-based drama, starring Richard Harris. 4.20 five news and sport. (T) 4.30 FILM: Calamity Jane (1953). Light-hearted Western musical, starring Doris Day. (T) 6.20 Everybody Hates Chris. (T) 6.45 Everybody Hates Chris. (T) 7.10 Joey. A child star assumes Joey's anger. (T) 7.35 Joey. The actor causes problems for his stuntman. (T) 8.00 Grey's Anatomy. The interns treat a family involved in a car crash. (T) 9.00 Grey's Anatomy. Burke and Izzie search for a new heart for Denny; (T) 9.00 five news update. 10.00 FILM: Hollow Man (2000). Scientist Kevin Bacon tests an invisibility serum on himself but becomes dangerously intoxicated by the power he wields. Explosive sci-fi thriller, also starring Elisabeth Shue. (T) 12.05 Formula One Stock Car Racing. 12.55 Major League Baseball. 4.10 Major League Soccer. 5.10 IndyCar Series.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Art Attack. (T) 9.45 Mr Bean: The Animated Series. (R) (T) 10.00 Feodor. (R) (T) 10.10 Pocoyo. 10.15 Jim Jam & Sunny. (T) 10.30 Jim Jam & Sunny. (T) 10.45 Curious George. (T) 11.00 Jim Jam & Sunny. (T) 11.15 Jim Jam & Sunny. (T) 11.30 The Sunday Edition. (T) 12.30 London Today; Weather. (T) 12.35 American Idol. (T) 2.40 FILM: Clockwise (1985). Comedy, starring John Cleese. (T) 4.25 FILM: Never Been Kissed (1999). Comedy, starring Drew Barrymore. (T)

6.05 The Way We Were. Recalling school days, (T)
6.30 London Tonight; Weather. (T)
6.45 ITV News and Weather. (T)
7.00 Emmerdale. Jamie tries to convince Bob to return home and berates his father for leaving him when he was a child. Scarlett is unsure who to believe after Matthew and Jimmy tell her that Hari and Louise are lying to the police, while Len discovers Debbie's criminal activities at the garage. (T)

7.30 Coronation Street. After weeks of being pursued by Liam, Leanne finally agrees to go out for a drink with him - after she's finished seeing her new client. However, she's in for a big shock when the punter in question turns out to be a familiar face. Life's looking up for Ken when his estranged son Daniel agrees to meet him. (T)

8.00 Heartbeat. A face from the dead returns as Bernie prepares to receive his inherited fortune. Meanwhile, a young girl brings shame on her father when she unexpectedly gives birth, and the residents of Aidsenfield anxiously wait for news on Phil Bellamy. Continuing the series from earlier in the year. (T)

9.00 Kingdom. A fisherman enlists the help of Kingdom and Kingdom when an insurance company refuses to settle his claim. Beatrice takes a shine to a local artist and makes a big impression as a life model at his painting class. Meanwhile, the council is finding imaginative ways to target Snell. Trevor Peacock guest stars. (T)

10.00 ITV News and Weather; Weather. (T)
10.15 This Is David Gedge. Having settled his differences with Liza Minnelli, David sets about finding a house to buy in the Cotswolds. He meets up with old friend Cliff Richard in Paris, and joins Martine McCutcheon, Billy Sammelth, Chris Cowey and Michael Ball on the panel of Soapstar Superstar. (T)

11.00 The Championship. Matt Smith reviews all the action from the final weekend of the regular season in the Championship, League One and League Two. (T)

12.05 British Touring Car Championship. (T) 12.40 The Moral of the Story. (T) 1.10 Gitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0700 Brincar Brincar 0900 O Homem dos Leões 0930 Extreme Jogos 1000 Eucaristia Dominical 1100 Criar um Uro Negro Bebê 1200 A Minha Sogra é uma Bruxa 1230 Contra-Informação 1300 News 1415 Só Visto 1515 Prison Break 1600 1615 Rush Hour 2 1800 Greys Anatomy 2000 News TBA 2300 Gato Fedorento 2330 Film TBA

RTP2

0645 Meteorology 0700 Euronews 0830 Afric@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Discovery Hour 1345 Vidas 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pasteis de Nata 200 Teen Titãs 2030 Futurama 2100 Bombordo 2130 A Alma e a Gente 2200 News 2230 Diga lá Excelência 2315 Britcom 0000 Onda 0115 Christmas Concert from Bethlehem 0215 Desporto 0615 Euronews

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1645 Film TBA 1900 CSI Las Vegas 2000 News 2115 The Last Tumb of Jesus, film 2345 Hora H 0030 CSI Miami 0130 Film TBA 2345 Hora H 0030 CSI Miami 0130 Desperate Measures 0330 O Bairro da Fonte

0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Film TBA 1530 Film TBA 1830 Film TBA 1830 News 2115 Bela e o Monstro 0130 Film TBA

Best of the Rest

BBC3

7.00 Castaway Exposed 7.30 Dog Borsal Unleashed 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Bashing Booze Birds 10.00 How Young Can I Get? 10.55 Two Pints of Lager and a Packet of Crisps 11.25 Two Pints of Lager and a Packet of Crisps 11.55 Booze Bird: Mischief 12.55 The Panic Room 1.50 Two Pints of Lager and a Packet of Crisps 2.20 Two Pints of Lager and a Packet of Crisps 2.50 Bashing Booze Birds 3.50 Close

BBC4

7.30 Never Mind the Full Stops 7.30 Thoroughly Modern 8.00 Legends: Edith Piaf - Singing Her Life 9.00 How the Edwardians Spoke 10.00 Film: A Night to Remember PG (1958) 12.00 Holmfirth Hollywood 1.00 Edwardians in Colour: The Wonderful World of Albert Kahn 2.00 Legends: Edith Piaf - Singing Her Life 3.00 How the Edwardians Spoke 4.00 Close

ITV2

1.30 Film: Death Becomes Her PG (1992) 3.30 Coronation Street 5.55 Vernon Kay's Gameshow Marathon 7.00 American Idol 8.00 American Idol 9.00 Supernatural 10.00 Film: Cliffhanger 15 (1993) 12.10 Coronation Street 12.40 Deadline 1.40 Deadline 2.40 Gitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Relic Hunter 4.00 Project Runway

5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Dream Team 9.00 24 10.00 Lost 11.00 Rescue Me 12.00 The Dresden Files 1.00 Battlestar Galactica 1.50 Battlestar Galactica 2.40 Very Worst 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

UKTV Gold

1.00 Pride and Prejudice 2.00 Pride and Prejudice 3.00 Pride and Prejudice 4.00 Porridge 4.40 Open All Hours 5.20 Jim'll Fix It Strikes Again 5.50 Jim'll Fix It Strikes Again 6.20 One Foot in the Grave 7.00 Dalziel & Pascoe 9.00 The Vicar of Dibley 9.40 Only Fools and Horses 11.00 Men Behaving Badly 11.40 Two Pints of Lager and a Packet of Crisps 12.20 Dalziel & Pascoe 2.15 Have I Got 2001 for You 2.45 Room 101 3.15 The A-Team 4.05 The A-Team 5.00 EastEnders 5.35 Neighbours

TCM

1.00 The Roaring Twenties U (1939) 3.00 Please Don't Eat the Daisies U (1960) 5.05 The Rounders PG (1965) 6.40 Absence of Malice PG (1981) 9.00 Magnum Force 18 (1973) 11.15 I Confess PG (1953) 1.05 Silver River PG (1948) 3.05 Never Ever Let Me Go U (1953)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Full Court Miracle U (2003) Sporting drama, starring Richard T Jones.

MOVIES

Sky Movies Drama

6.25 A Child's Cry for Help PG (1994) 8.05 Miss Lettie and Me U (2002) 9.45 The Wool Cap PG (2003) 11.25 Diggity's Treasure PG (2001) With Andrew McCarthy. 1.05 Ladies in Lavender 12 (2004) With Judi Dench. 3.05 Miss Lettie and Me U (2002) With Mary Tyler Moore. 4.45 The Wool Cap PG (2003) With William H Macy. 6.20 Diggity's Treasure PG (2001) With Andrew McCarthy. 8.00 Ladies in Lavender 12 (2004) With Judi Dench. 10.00 Courage Under Fire 15 (1996) With Meg Ryan. 12.00 Dear Frankie 12 (2004) With Emily Mortimer. 1.50 Bad Apple 15 (2004) With Chris Noth. 3.25 Our America 15 (2002) 5.05 A Child's Cry for Help PG (1994)

Sky Movies Comedy

6.05 The Pirates of Penzance U (1982) 8.00 Captain Ron PG (1992) 9.50 Rebound PG (2005) 11.25 The Top 10 Show 11.45 Nine Months 12 (1995) W i t h H u g h G r a n t . 1 4 5 Wedding Crashers 15 (2005) W i t h V i n c e Vaughn. 3 5 5 Rebound

PG (2005) With Martin Lawrence. 5.40 The Birdcage 15 (1996) With Robin Williams. 8.00 Wedding Crashers 15 (2005) With Vince Vaughn. 10.00 Nine Months 12 (1995) With Hugh Grant. 11.45 The Birdcage 15 (1996) With Robin Williams. 1.50 Bachelor Party 18 (1984) With Tom Hanks. 3.40 Roseanna's Grave 12 (1997) 5.20 Captain Ron PG (1992)

Sky Movies Action

6.00 The Village 12 (2004) 7.50 King Kong 12 (2005) 10.55 The Phantom 12 (1996) 12.45 The Village 12 (2004) With Joaquin Phoenix. 2.45 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 4.50 King Kong 12 (2005) With Naomi Watts. 8.00 The Phantom 12 (1996) With Billy Zane. 10.00 Sin City 18 (2005) With Mickey Rourke. 12.05 Forbidden Fantasies 18 (2005) With Brooke Hunter. 1.40 Primal Fear 18 (1996) With Richard Gere. 3.50 Speed 2: Cruise Control PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Spanish Football 8.00 Big Fight Special 10.00 Jimmy Hill's Sunday Supplement 11.00 Goals on Sunday 12.30 Live Football League. A match from the last day of the Championship season. 3.30 Live Super Sunday. Arsenal v Chelsea (Kick-off 4.00pm). 6.30 Super Sunday. The Last Word 7.00 Football League 8.00 Live Spanish Football. Real Madrid v Sevilla (Kick-off 8.00pm). 10.00 Football 10.30 Football Special 12.00 Super Sunday: The Last Word 12.30 Football League 1.30 Spanish Football 3.30 Football 4.00 Football League 5.00 FIFA Futbol Mundial 5.30 Football

Sky Sports 2

6.00 Moto Plus 6.30 America's Cup Sailing 7.30 Football First 8.45 Football First 10.00 Champions League Weekly 10.30 Big Fight Special 12.30 Live America's Cup Sailing. The Louis Vuitton Cup. 3.30 Live Super League. Warrington Wolves v Salford City Reds (Kick-off 4.00pm). 6.00 Live Super League. Leeds Rhinos v Bradford Bulls (Kick-off 6.00pm). 8.00 Golf News 12.00 America's Cup Sailing 12.00 Golf Night 3.00 America's Cup Sailing 4.00 Big Fight Special

Sky Sports 3

6.00 Rugby Union 8.00 WWE: Afterburn 9.00 WWE: Heat 10.00 World Sport 10.30 Live Cricket. Worcestershire Royals v Nottinghamshire Outlaws. 6.30 Sky Sports Classics 7.00 Big

Fight Special 9.00 America's Cup Sailing 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 US Superbikes 2.00 Cricket 3.30 US Superbikes 5.30 Rally World

British Eurosport

6.00 Live MotoGP. Coverage of the 250cc Chinese Grand Prix. 7.15 Live MotoGP. Coverage of the MotoGP Chinese Grand Prix. 9.00 World Rally Championship 9.30 Snooker 10.00 MotoGP 10.45 Live. World Touring Car Championship. Coverage of the first race at the Dutch Grand Prix. 11.45 Gooool! 12.00 Live WTA Tennis. The J&S Cup final. 1.45 MotoGP 2.15 Live World Touring Car Championship. Coverage of the second race at the Dutch Grand Prix. 3.15 Live Snooker. The World Championship final. 6.00 MotoGP 7.30 Motorsports Weekend 8.00 Live Snooker. The second session in the World Championship final. 11.00 Beach Volleyball 11.30 Beach Volleyball 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Pool 7.00 Super League 11.00 Wild Spirits 11.30 Racing News 12.00 Live European Tour Golf. The fourth and final round of the Italia Open. 4.00 On the Edge 4.30 Wild Spirits 5.00 WWE: Experience 6.00 World Motor Sport 8.30 Live NBA Basketball. A play-off encounter from the NBA. 11.00 Cricket 12.30 Super League 4.30 Max Power 5.30 Moto Plus

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BBC1

6.00 Breakfast. (T) 9.00 Animal Park. (T) 9.45 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 10.45 To Buy or Not to Buy. (R) (T) 11.30 Bargain Hunt. (T) 12.15 BBC News; Weather. (T) 12.30 Regional News; Weather. (T) 12.40 Match of the Day Live: The Women's FA Cup. Arsenal Ladies v Charlton Ladies (Kick-off 1.00pm). Subsequent programmes subject to change. (T) 3.10 Keeping Up Appearances. (R) (T) 3.40 FILM: Antz (1998). Computer animation, with the voice of Woody Allen. (T)

5.00 Open All Hours. Arkwright loses his trousers. (R) (T)
5.30 BBC News; Weather. (T)
5.50 Regional News Programmes; Weather. (T)
6.00 Victoria's Empire. Victoria Wood visits Ghana, Jamaica and Newfoundland. (R) (T)
7.00 Play It Again. Wildlife guru and former Goodie Bill Oddie chases his dream of being a rock guitarist, but a lack of discipline and an inability to read music put his ambitions in jeopardy. After facing the crowds at an international guitar festival in Bath, Bill sets out to achieve his goal of playing for his daughter's band, taking advice from the Kinks' Dave Davies and Dire Straits' Mark Knopfler. Last in series. (T)

8.00 EastEnders. May becomes a force to be reckoned with when her plan to ruin Rob's relationship backfires, leaving Dawn to suffer the physical consequences. Meanwhile, an outraged Ian leaves his sick bed and promptly makes a fool of himself, and Deano shows his annoyance when Shirley is made a tempting offer. (T)

8.30 Panorama. Vivian White examines the increasing separation between Muslim Asians and whites, reporting on a northern English town where the communities feel divided by religion and colour. (T)

9.00 New Tricks. The team reinvestigate the 50-year-old murder of Frederick Tully, a young wages clerk at Battersea Power Station. The detectives discover new evidence that leads them to doubt the man executed for the crime was guilty, and question the validity of the original case against him. Drama, guest starring George Cole and Roy Hudd. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Not Going Out. Tim and Kate's closeness following the death of his grandmother concerns Lee. The drifter shares his worries with a counsellor, who's unimpressed by his lack of social skills. The funeral descends into chaos, thanks to an irate elderly relative and an addictive drink. (T)

11.05 Inside Sport. Weekly sports show presented by Gabby Logan. (T)

11.45 FILM: Godsend (2004). Horror, starring Robert De Niro. (T) Springwatch Weatherwatch.

1.25 Sign Zone: Panorama Special: Midwives Undercover. (R) (T) 2.25 Sign Zone: A Very English Village. (R) (T) 3.25 Sign Zone: It's Not Easy Being Green. (R) (T) 3.55 Sign Zone: To Buy or Not to Buy. (R) (T) 4.25 Sign Zone: To Buy or Not to Buy. (R) (T) 4.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers. (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 Coast. (R) (T) 10.45 FILM: Billy the Kid (1941). Western, starring Robert Taylor. (T) 12.15 FILM: Quo Vadis (1951). Historical epic, starring Robert Taylor. (T) 3.00 Snooker: The World Championship. The third session of the final. Subsequent programmes subject to change. (T) 5.30 Flog It! (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Treas That Made Britain. Tony Kirkham and Jon Hammerton visit Brighton to see the city's elm trees, a species that once covered Britain. The pair also search for fossils in Scarborough. Last in series. (R) (T) 7.30 Johnny Kingdom - A Year on Exmoor. Tending an injured buzzard. (R) (T) 8.00 Snooker: The World Championship. Hazel Irvine and Ray Stubbs present live coverage of the concluding frames of the final at the Crucible Theatre in Sheffield. Subsequent programmes subject to change. (T) 11.00 Ruddy Hell! It's Harry and Paul. (R) (T) 11.30 FILM: Anywhere But Here (1999). Comedy drama, starring Susan Sarandon. (T) 1.15 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

The History of Mr Polly (ITV1 Granada, 9pm)

Adapted from the novel by HG Wells, this drama tells the tale of an ordinary man with a big heart who risks everything for a chance at happiness. Executive producer Michele Buck explains: "The History of Mr Polly is a beautiful tale about following your dreams and how you can alter the course of your life if you are brave enough to make the changes." The action kicks off with us learning about Alfred Polly (Lee Evans), who owns a failing clothes company and is stuck in an unhappy marriage to wife Miriam (Anne-Marie Duff). He's always tried to keep everyone happy, but he's sadly let life pass him by. Determined to put an end to his misery, Alfred tries to kill himself, but thanks to an unusual twist of fate his suicide bid fails so he sets out alone to see what the future has to offer. Eventually stumbling upon an idyllic waterside inn, run by landlady Nancy (Julie Graham), Alfred begins anew. All seems good, but our hero knows nothing's ever as it seems and a thug called Jim soon starts putting a spanner in the works. Can Alfred find the courage to fight for his chance at happiness or will he give up and go back to his old life?

C4

6.05 Making It. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 Will & Grace. (R) (T) 10.15 Will & Grace. (R) (T) 10.40 FILM: The Land That Time Forgot (1974). Prehistoric adventure, starring Doug McClure. (T) 12.20 Life Begins Again. (T) 1.20 FILM: The Battle of the River Plate (1956). World War Two adventure, starring Anthony Quayle. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.15 FILM: Cheaper By The Dozen (2003). Premiere. A large family have moved to a new town, hoping for a fresh start - but nothing goes according to plan. Threadbare family comedy, starring Steve Martin and Bonnie Hunt. (T) 9.00 Cutting Edge: Trapped By My Twin. The lives of identical 35-year-old twins Liesbeth and Angeliqwe who have never emotionally separated and find one sister's struggle with anorexia causes difficulties in their relationship. (T) 10.00 ER. A family become stranded in the snow when Chicago is hit by a blizzard. Sam makes a difficult choice about Alex, and assists Morris in treating the victim of a gang shooting. (T) 11.05 The Sopranos. (T) 12.10 Sex and the City. (R) (T) 12.45 Sex and the City. (R) (T) 1.20 Six Feet Under. (R) (T) 2.20 Transmission. (R) 3.20 Hallo Panda. (R) (T) 3.50 Veronique. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowerbots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.15 Roary the Racing Car. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 FILM: The Great Race (1965). Comedy, starring Tony Curtis. (T) 2.55 five news update. (T) 3.00 FILM: Those Magnificent Men in Their Flying Machines (1965). Aerial comedy, starring Terry-Thomas. (T) 5.30 five news; Weather. (T) 6.00 FILM: Agent Cody Banks (2003). A junior secret agent begins his latest mission at a new school - but soon finds his training can't always help him. Action-packed adventure, starring Frankie Muniz. (R) (T) 7.50 five news. (T) 8.00 Fifth Gear. An attempt to drive a car under a moving lorry. (T) 8.00 five news at 9. 9.00 Obedient Wives: Hidden Lives. Women who submit totally to their husbands' will. Last in series. (T) 10.00 Prison Break. Michael and Sara seek the help of former warder Pope to retrieve information that will bring down the Company. Mahone corners another runaway, and C-Note fears for his daughter's life. (T) 11.00 FILM: Wolf (1994). Horror, starring Jack Nicholson. (R) (T) 1.20 NASCAR. 2.05 US PGA Golf. 2.50 NHL Ice Hockey. 5.10 French Football - Le Championnat.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 60 Minute Makeover. (R) (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 Rosemary & Thyme. (R) (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

6.00 You've Been Framed! Harry Hill narrates another selection of home-video howlers, featuring a fishy workout, a canine who loves fireworks and a dazed dog. (R) (T)

6.25 London Tonight; Weather. (T)

6.40 ITV Evening News; Weather. (T)

7.00 Emmerdale. Kelly goes to hear the court's verdict and her solicitor warns she may face prison. Terry spots a hole in Louise's story about Tom's death, while Daz is placed in a dilemma. (T)

7.30 Coronation Street. After their unexpected encounter, Paul feels uneasy around Leanne and warns her they should stay out of each other's way - but when she stands her ground, he decides his only option is to tell his brother what he knows. Deirdre is unfazed when Ken announces he is going to meet Daniel for the first time in years - but that's more than can be said for Blanche, who decides to follow her son-in-law - and Liz sets up a secret rendezvous with Derek. (T)

8.00 Waterville. Timothy West takes a look at the water vole, which is once again taking up residence on the canals. Plus, a new system for getting boats up and down slopes. (T)

8.30 Coronation Street. Paul finally tells Liam exactly what he thinks of Leanne and urges his brother to get rid of her. But she hits back with a threat to the factory boss - if he says any more, she'll tell Carla what he was up to the night before. Blanche pleads with Ken to put Deirdre first, but Denise ushers her away, and he finally meets his son Daniel. But the meeting is awkward, and ends with his ex-lover offering him her sofa for the night. (T)

9.00 The History of Mr Polly. Comedian Lee Evans stars in this adaptation of HG Wells' novel about an ordinary man who turns his back on a failing business and loveless marriage to pursue his dreams. Driven to despair by the aimlessness of life in the drapery trade, unfriendly neighbours and the incessant nagging of his wife, Alfred Polly decides to end it all. (T)

11.00 ITV News; Weather. (T)

11.15 FILM: Red Heat (1988). Action adventure, starring Arnold Schwarzenegger. (T)

1.05 Champions League Weekly. (T) 1.30 Glitterball; ITV News Headlines. 4.10 V Festival 2003. (R) 4.35 V Festival 2003. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria 1300
News 1410 Los Ricos
Tambien Lloran 1505
Portugal no Coração 1715
Lingo 1800 Portugal em
Directo 1915 O Prego
Certo 1955 Direito de
Antena 2000 News 2100
Notas Solitas 2130 Um
Contra Todos 0115 Foyle's
War: The German Woman,
film
RTP2
0730 Zig Zag, cartoons
1330 The OC 1545 Fire
Within 1645 A Minha
Família e Outros Animais
1800 Pica 1830 A Fé dos
Homens 1945 Zig Zag
2015 Pica 2045 Sim Amor
2115 A Alma e a gente
2145 A Hora da Sorte 2200
News 2230 Perto de Casa
2300 Mundos
SIC
0645 Sic Kids 0230
Fliribella 1000 Fátima
1300 News 1415 O Profeta
1515 Contacto 1715
Floribella 1915 Pé na Jaca
2000 News 2115 Páginas
da Vida 2315 Jura 0015
Universal Soldiers 2 0300
Bang Bang 0345 Olhar de
Serpente
TVI
0700 Diário da Manhã 1000
Você na TV 1300 News
1400 Tu e Eu 1515 Doce
Fugitiva 1630 Quem Quer
Ganha 1745 Morangos com
Açúcar 2000 News 2215
Tempo de Viver 0115 Film
TBA 0230 Film TBA

Best of the Rest

BBC3
7.00 Castaway 7.30
Spendaholics 8.30 Dog Borstal
Unleashed 9.00 Little Britain
9.30 Ideal 10.00 EastEnders
10.30 Rob Brydon's Annually
Retentive 11.00 Two Pints of
Lager and a Packet of Crisps
11.20 Two Pints of Lager and a
Packet of Crisps 12.00
American Dad! 12.20 American
Dad! 12.40 Rob Brydon's
Annually Retentive 11.20 Two
Pints of Lager and a Packet of
Crisps 1.40 Two Pints of Lager
and a Packet of Crisps 2.10
Ideal 2.40 Dog Borstal
Unleashed 3.10 Spendaholics
4.10 Close
BBC4
7.00 The Sky at Night 7.30
Conan Doyle for the Defence
8.30 The Phoenix and the Carpet
9.00 Music Hall Meltdown 10.30
Smiley's People 11.25 The Sky
at Night 11.55 Thoroughly
Modern 12.25 Music Hall
Meltdown 1.55 Conan Doyle for
the Defence 2.55 The Sky at
Night 3.25 Thoroughly Modern
3.55 Close
ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Film:
Dennis PG (1993) 5.30 Airline
USA 6.05 Judge Judy 7.00
Grease Is the Word: Live 8.30
Grease Is the Word Results
9.00 Film: Cliffhanger 15 (1993)
11.10 Coronation Street 11.40
Coronation Street 12.10 Film:
The Fast and the Furious 15
(2001) 2.10 Glitterball: ITV Play
4.00 Teleshopping 6.00 Close
Sky One

1.00 Bones 2.00 Bones 3.00
Bones 4.00 Stargate SG-1 5.00
Stargate SG-1 6.00 Stargate
Atlantis 7.00 The Simpsons 7.30
The Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00 Project
Runway 10.00 Film: US Marshals
15 (1998) 12.30 Law & Order
1.30 Naked in Blackpool 2.25
Hes 3.20 Uncut! Reps in Ibiza
4.15 Uncut! Reps in Ibiza 5.10
Star Trek: Voyager
UKTV Gold
1.00 Pride and Prejudice 2.00
Pride and Prejudice 3.00 Pride
and Prejudice 4.00 Some
Mothers Do 'Ave 'Em 4.00
Porridge 5.20 Open All Hours
6.00 The Vicar of Dibley 7.00
Film: Carry On Follow That
Camel PG (1966) 9.00 Film:
Erin Brockovich 15 (2000) 11.40
Only Fools and Horses 12.40
One Foot in the Grave 1.25 Men
Behaving Badly 2.00 Room 101
2.30 Have I Got 2001 for You
3.00 The House of Eliott 3.30
The House of Eliott 4.40 The
House of Eliott 5.35 Neighbours
TCM
3.00 Murder at the Gallop U
(1963) 4.30 Logan's Run PG
(1976) 6.55 The Goonies PG
(1985) 9.00 Blazing Saddles 15
(1974) 10.40 Buddy Buddy 15
(1981) 12.25 The Best House in
London 15 (1968) 2.05
Teleshopping 2.25 The Golden
Arrow PG (1936) 3.40 The Day
They Robbed the Bank of England
U (1960)
The Disney Channel
Kids' programmes from 7am,
except: 4.00 Film: Stuck in the
Suburbs PG (2004) Family comedy,
starring Danielle Panabaker.

MOVIES

Sky Movies Drama

6.40 Finding Buck McHenry
U (2000) 8.20 The Clinic PG
(2004) 10.00 Pride and
Prejudice U (2005) 12.10
Evita PG (1998) With
Madonna. 2.30 The Clinic PG
(2004) With Jonathan Scarfe.
4.05 Little Man Tate PG (1991)
With Jodie Foster. 5.50 Pride
and Prejudice U (2005) With
Keira Knightley. 8.00 Evita
PG (1998) With Madonna.
10.15 The Clearing 12 (2004)
With Robert Redford. 11.55
Eye for an Eye 18 (1996)
With Sally Field. 1.45 The
Jack Bull 15 (1999) With John
Cusack. 3.50 Boys 15 (1996)
5.30 Little Man Tate PG (1991)

Sky Movies Comedy

7.05 A Young Connecticut
Yankee in King Arthur's Court
PG (1994) 8.50 Bean PG
(1997) 10.35 Elizabethbeth
12 (2005) 12.45 The Most
Fertile Man in Ireland 15
(2000) With Kris Marshall.
2.30 Bean PG (1997) With
Rowan Atkinson. 4.15 A
Young Connecticut Yankee
in King Arthur's Court PG
(1994) With Philippe Ross.
6.00 He Said, She Said 15
(1991) With Kevin Bacon. 8.00
Elizabethbeth 12 (2005) With
Orlando Bloom. 10.05 The
Most Fertile Man in Ireland 15
(2000) With Kris Marshall.
11.55 He Said, She Said 15
(1991) With Kevin Bacon. 1.55
The Silence of the Hams 15
(1993) With Billy Zane. 3.20

Bad Manners 15 (1997) 4.55
A Young Connecticut Yankee
in King Arthur's Court PG
(1994)

Sky Movies Action

6.00 Hood Rat 15 (2001) 7.30
Assault on Precinct 13 15
(2005) 9.30 Rush Hour 12
(1998) 11.10 Deep Impact PG
(1998) With Robert Duvall.
1.15 Assault on Precinct 13
15 (2005) With Ethan Hawke.
3.05 Category 7: The End of
the World 5.55 Deep Impact
PG (1998) With Robert
Duvall. 8.00 Rush Hour 12
(1998) With Jackie Chan.
10.00 Turbulence 18 (1997)
With Ray Liotta. 11.45
Bulletproof 18 (1996) With
Adam Sandler. 1.15 Flesh and
Blood 18 (1985) With Jennifer
Jason Leigh. 3.25 Sacrifice
18 (2000) 5.00 In the Line of
Duty: Smoke Jumpers PG
(1996)

(R) - repeat programme;

(T) - programme with teletext.

subtitles;

(S) - programme broadcast in

stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Spanish Football 8.00
Football 8.30 Football Special
10.00 Super Sunday: The Last
Word 10.30 Live Cricket. Durham
Dynamas v Lancashire
Lightning. Coverage continues
on Sky Sports 2. 4.30 Live
Conference Football. The second
leg of the first play-off semi-
final. 7.30 Live Monday Night
Football. Charlton Athletic v
Tottenham Hotspur (Kick-off
8.00pm). 10.15 Football League
Review. 12.15 Conference
Football 1.45 Monday Night
Football 3.15 Soccer AM: The
Best Bits 4.15 Conference
Football 5.45 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On
the Edge 7.00 WWE: Bottom
Line 8.00 America's Cup Sailing
9.00 US Superbikes 10.00 US
Superbikes 11.00 Football 11.30
Soccer AM: The Best Bits 12.30
Football League Review 2.30
Big Fight Special 4.30 Live
Cricket. Durham Dynamas v
Lancashire Lightning. 6.30 Sky
Sports Classics 7.00 Live
Speedway. Reading Bulldogs v
Eastbourne Eagles. 9.00 British
Superbikes 12.00 Speedway
2.00 British Superbikes 5.00
Close

Sky Sports 3

6.00 World Sport 6.30 Cricket
8.00 Golf Night 11.00 Aerobics
Oz Style 11.30 Racing News
12.00 On the Edge 12.30 World
Sport 1.00 Live America's Cup

Sailing. The Louis Vuitton Cup.
3.30 Football 4.00 Watersports
World 5.00 WWE: Raw 7.00
NBA Basketball 9.00 Cricket
10.30 Wild Spirits 11.00 WWE:
Late Night - Afterburn 12.00
Extreme Championship
Wrestling 1.00 WWE: Heat 2.00
Live WWE: Late Night - Raw.
Wrestling action from the
States. 4.15 Close

British Eurosport

7.30 Snooker 8.00 World Touring
Car Championship 9.00 MotoGP
9.30 Motorsports Weekend 10.00
World Rally Championship 10.30
ATP Tennis 11.30 WTA Tennis
12.30 Snooker 2.30 Live
International Football. Germany
Under-17s v Spain Under-17s
(Kick-off 2.30pm). 4.15 Live
Snooker. The third session of
the World Championship final.
6.00 Tennis: Road to Roland
Garros 6.15 Eurogoals 7.00
International Football 8.00 Live
Snooker. The World
Championship final reaches a
conclusion. 11.00 Eurogoals
11.45 Tennis: Road to Roland
Garros 12.00 Eurosport Buzz
12.30 Close

Sky Sports Xtra

6.00 US Superbikes 8.00 Super
League 12.00 Live Tennis. Day
one of the ATP Rome Masters.
6.00 America's Cup Sailing 7.00
Wild Sports 7.30 Live Tennis. The
first day of the Masters Series
event in Rome. 9.30 America's
Cup Sailing 10.30 World Motor
Sport 1.00 America's Cup Sailing
2.00 Cricket 3.30 Close

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much more



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BBC1

6.00 Breakfast. (T) 9.15 Animal Park. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 Watch My Chops. (R) (T) 4.00 The Basil Brush Show. (R) (T) 4.30 Roman Mysteries. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Ned fails to escape Paul's sinister influence, despite having his debts cancelled. Ringo is shocked to witness Rosetta kissing Pepper, and Rachel discovers her admirer's identity. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.30 Castaway. Danny Wallace visits the volunteers and leaves them facing another challenge. Reality series following a group of volunteers living on a remote island off the coast of New Zealand, as part of a social experiment removing ordinary people from their everyday lives. (T)

7.30 EastEnders. May tries to apologise to Rob but he's in no mood to listen. Ian and Phil's feud continues to escalate and Max tries to get back into Stacey's good books. (T)

8.00 HolbyBlue. New series. Zoe Lucker, Kacey Ainsworth and Tim Pigott-Smith head the cast of this Casualty and Holby City spin-off, following the officers at Holby South police station. DS Luke French encounters some of the force's unusual practices on his first day and clumsy probationer Lucy Slater tries to prove her worth to sceptical colleagues, only to find herself in a dangerous predicament. Richard Harrington and Elaine Glover co-star, with a guest appearance by Derek Thompson (Casualty's Charlie). (T)

9.00 CCTV: You Are Being Watched. Jamie Theakston narrates the first of a two-part documentary about the history of surveillance in the UK, revealing how Britons have become the most watched people on the planet. (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T) 10.35 Imagine. New series of the documentary strand. Alan Yentob examines the work of controversial artists Gilbert and George as they prepare for the opening of their recent retrospective at the Tate Modern. This intimate portrait considers how the pair's working relationship functions and also includes a look inside their East End home, where they have lived for the past 40 years. (T)

11.25 FILM: Unfaithful (2002). Drama, starring Diane Lane; (T) Weatherview. 1.25 Sign Zone: See Hear. (R) (T) 1.55 Sign Zone: Maxwell. (R) (T) 3.25 Sign Zone: Horizon. (R) (T) 4.15 Sign Zone: The Hairy Bikers Ride Again. (R) (T) 4.45 BBC News 24.



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 BBC Primary Geography. (T) 11.10 Churchill's Bodyguard. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Pod's Mission. (T) 1.15 Pod's Mission. (T) 1.30 Animal Park. (T) 2.00 Living in the Sun. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weak-eat Link. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Super-Slim Me: A Mischief Special. Dawn Porter finds out what it takes to be a size zero. (T) 8.00 The Apprentice. Alan Sugar tests the remaining candidates' marketing skills by sending them to France, where the task of selling food made from British produce pushes team relations to breaking point. (R) (T) 9.00 Horizon. Exploring the possibility of committing an unsolvable murder. Last in series. (T) 9.50 This World: I Believe in Miracles. The Church's relationship with miracles and sainthood. (T) 10.30 Newsnight. (T) 11.20 First Rites: From the Cradle to the Prom: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

HolbyBlue (BBC1, 8pm)

Prolific Tony Jordan just never stops. His Bafta-nominated series Life on Mars came to an excellent end recently and his international smash hit Hustle is about to start a fourth series. Not content with two runaway successes, Jordan has gone down the well-known police drama route for his latest offering. As a spin-off from the medical drama Holby City, itself a by-product of the long-running hospital drama Casualty, his latest offering depicts the lives of the workers at Holby South. Zol Lucker and Kacey Ainsworth return to the screen after their roles in Footballers' Wives and EastEnders, and with stellar cast members such as those, this new series already seems it can do no wrong. In the opening episode, it's DS Luke French's first day and DI John Keenan wastes no time in setting up his new recruit. However, the young sergeant soon finds out how unconventional his superior can be, and as he likes to work by the book, their relationship doesn't get off to the best of starts. Elsewhere, the headstrong DI's personal life goes from bad to worse when he takes his children home to his estranged wife and spots a new car in her driveway. Questions need to be asked, but now he's not in the interview room, will he get the answers he's looking for?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 9.00 Frasier. (R) (T) 9.30 Take Away My Takeaway; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry. (R) (T) 10.30 The Underdogs; (R) (T) Burning Questions. (R) (T) 11.25 Becoming British. (R) (T) 11.30 The Deadly Knowledge Show; (R) (T) Freshly Squeezed Shorts. (R) (T) 12.00 News at Noon. (T) 12.30 Supporting Acts. (R) (T) 12.40 Life Begins Again. (T) 1.40 FILM: The Wicked Lady (1945). Costume drama, starring Margaret Lockwood. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Seven Sins of England. New series. The behaviour Britons are famous for. (T) 8.00 How to Look Good Naked. Stylist Gok Wan helps a woman from Scunthorpe who feels held back by her style and size 20 clothing. Plus, Dawn Porter looks at the high street's most effective bust-firming treatments. (T) 9.00 Gordon Ramsay's F Word. New series. Dawn French joins the chef for dinner. (T) 10.00 The Seven Sins of England. Uncovering the nation's heritage of bad behaviour. (T) 11.05 Roy Chubby Brown: Britain's Rudest Comedian. (T) 12.05 Poker Nations Cup. 1.10 British GT Championship. 1.35 Five Oceans Ultimate Solo Challenge. (R) 2.05 KOTV Classics. (T) 3.00 KOTV. (T) 3.30 Gumball 3000. (R) (T) 3.55 3 Minute Wonder: I Am Amazon. (R) (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Fifi and the Flowerots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.15 Roary the Racing Car. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Colin and Justin on the Estate. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Heart Full of Rain (1997). Drama, starring Rick Schroder. (T) 3.35 five news update. (T) 3.40 FILM: The King and Queen of Moonlight Bay (2003). Premiere. Drama, starring Tim Matheson. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.15 Gavin Stamp's Orient Express. New series. The historian travels on the famous train; (T) 7.15 five news update. 8.00 Return of the Tribe. New series. A remote Papua New Guinean tribe visit Britain; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. Grissom discovers another replica crime scene. (T) 10.00 CSI: Miami. A club owner is murdered; (T) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Arrest and Trial. (R) (T) 12.30 Arrest and Trial. (R) (T) 12.55 NBA Basketball. 4.20 World Supercross Championship. 5.10 Formula One Stock Car Racing.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 For the Rest of Your Life. (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Hour-long episode. Louise has second thoughts about testifying against the Kings after Carrie tells her about the villagers' suspicions, prompting Hari to take drastic action. Matthew grows increasingly suspicious of Jimmy, while Debbie plans to buy Jack's share of the garage. (T)

8.00 Midsomer Murders. When Dr Alan Delaney is killed by a hit-and-run driver while in charge of his partner's new car, Barnaby and Jones discover the dead man had once been accused by Dr James Kirkwood of stealing a large sum of money from their Midsomer Market practice. Further investigations to uncover the whereabouts of the missing money lead the detectives to believe that Kirkwood may have been the real target. (T) 10.00 Nightmare Nannies - Confessions. Exposing the stories behind child-carers, including tales of wrecked homes and marriages and the liberties taken with employers' wallets and bedrooms. Plus, an insight into the shortcuts taken when caring for children. (T) 10.30 ITV News; Weather. (T)

11.00 Real Crime: Nailing the Nail Bomber. The police hunt for David Copeland, who launched a two-week bombing campaign against London's black, Asian and gay communities in 1999, killing three people and injuring more than 100. CCTV footage from the killer's first attack in Brixton was released to the media the day before his final strike at the Admiral Duncan pub in Soho, leading to his arrest at an address in Hampshire. (T) 12.00 Gitterball; ITV News Headlines. 4.05 For-ever. (R) (T) 5.00 ITV Nightscreen.



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LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1505 Choque Terapy, film 1715 Lingo 1800 Portugal em Directo 2135 News 0035 Foyle's War: The White Feather, film

RTP2

0730 Zig Zag, cartoons 1400 Socciedade Civil 1530 Portugal um Retrato Ambiental 1600 Entre Nós 1630 Euronews 1700 Mundos Flutuantes 1730 Discovery Hour 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 yes Dear 2115 Discovery Hour 2200 News 2230 Without a Trace 2330 Por Outro Lado

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Film TBA 1530 Contacto 1715 Floribela 1900 Sinha Moca 2000 News 2115 Floribela 2215 Cobras e lagartos 2215 Jura I 0015 Desperate Housewives TVI 0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Film TBA 1600 Film TBA 1800 Morangos com Açúcar 2000 News 2115 Morangos com Açúcar 2200 Tempo de Viver 2315 Fala-me de Amor 0230 Film TBA

Best of the Rest

BBC3

7.00 Spondaholics Saved My Life 8.00 The Bulls*** Detective 9.00 The Panic Room 10.00 EastEnders 10.30 Ideal 11.00 Family Guy 11.20 Family Guy 11.40 Two Pints of Lager and a Packet of Crisps 12.10 Two Pints of Lager and a Packet of Crisps 12.40 The Panic Room 1.40 Ideal 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.05 The Bulls*** Detective 4.05 Close

BBC4

7.00 Art of the Garden 8.30 The World 8.00 Weather 8.30 Marcus Brigstocke's Trophy People 9.00 The Diary of a Nobody 9.30 The League of Gentlemen 10.00 Operation Good Guys 10.30 Storyville: Oswald's Ghost 12.00 The Diary of a Nobody 12.30 How the Edwardians Spoke 1.30 Storyville: Oswald's Ghost 3.00 Marcus Brigstocke's Trophy People 3.30 The Diary of a Nobody 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.20 The Jeremy Kyle Show 4.25 Sally Jessy Raphael 5.10 Airline USA 5.40 Judge Judy 7.00 American Idol 8.00 American Idol 9.00 Film: The Fast and the Furious 15 (2001) 11.00 Film: About a Boy 12 (2002) 1.00 Gitterball; ITV: Fave 4.00 Teleshopping 6.00 Close Sky One 1.00 Bones 2.00 Cold Case

3.00 Las Vegas 4.00 Stargate

SG-1 5.00 Stargate SG-1 6.00 Stargate Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.00 Brainiac: Science Abuse 9.00 Road Wars 10.00 Badger or Bust 11.00 Law & Order 12.00 Las Vegas 1.00 Mile High 1.50 Hot Summer Down Under 2.40 Star Trek: Voyager 3.30 Hex 4.40 Uncut! Reps in Ibiza 4.55 Footballers' Pads 5.10 Star Trek: Voyager

UKTV Gold

1.05 Last of the Summer Wine 1.45 Some Mothers Do 'Ave 'Em 2.30 The Good Life 3.10 Porridge 3.50 Only Fools and Horses 5.00 Dallas 6.00 Charlie's Angels 7.00 Film: Carry On Dick PG (1974) 9.00 Jonathan Creek 10.10 New Tricks 11.20 Men Behaving Badly 12.00 Men Behaving Badly 12.40 Two Pints of Lager and a Packet of Crisps 1.20 Room 101 1.55 Have I Got 2002 for You 2.25 Men Behaving Badly 3.00 The House of Elliott 3.50 The House of Elliott 4.40 The House of Elliott 5.35 Neighbours

TCM

3.00 Captain Nemo and the Underwater City U (1969) 4.55 Where the Boys Are PG (1960) 6.45 The Treasure of the Sierra Madre PG (1948) 9.00 2001: A Space Odyssey U (1968) 11.30 Demon Seed 15 (1977) 1.15 Moonfleet PG (1955) 2.45 Teleshopping 3.05 Bataan PG (1943)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.15 Joshua U (2002) 9.00 Roseanne: An Unauthorized Biography 12 (1994) 10.45 The Sign of Four PG (2001) 12.30 Seal Magnolias PG (1989) With Sally Field. 2.30 Drama Close Up 3.00 Heartwood PG (1998) With Jason Robards. 4.40 Roseanne: An Unauthorized Biography 12 (1994) With Denny Dillon. 6.20 The Sign of Four PG (2001) With Matt Frewer. 8.00 Seal Magnolias PG (1989) With Sally Field. 10.00 Separate Lies 15 (2005) With Emily Watson. 11.30 Last Dance 18 (1996) With Sharon Stone. 1.30 Swimming Upstream 12 (2004) With Geoffrey Rush. 3.30 All Men Are Mortal 15 (1995) 5.20 Heartwood PG (1998)

Sky Movies Comedy

6.35 Dear God PG (1996) 8.35 The Top 10 Show 9.00 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 11.15 Robin Hood: Men in Tights PG (1993)

With Cary Elwes. 1.20 Kinky Boots 12 (2005) With Chiwetel Ejiofor. 3.25 Comedy Close Up 3.55 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) With Patrick

Swayze. 5.55 Robin Hood: Men in Tights PG (1993) With Cary Elwes. 8.00 The Man 12 (2005) With Eugene Levy. 9.30 Kinky Boots 12 (2005) With Chiwetel Ejiofor. 11.20 The Marrying Man 15 (1991) With Kim Basinger. 1.20 Woo 15 (1998) With Jada Pinkett Smith. 2.50 Whiskey Down 15 (1995) With Sean Patrick Flanery. 4.25 Dear God PG (1996)

Sky Movies Action

6.40 Terminal Error PG (2001) 8.20 Hide and Seek 15 (2004) 10.15 Paparazzi 15 (2005) 11.55 Action & Thriller Close Up 12.25 Terminal Error PG (2001) With Michael Nouri. 2.25 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 4.25 Hide and Seek 15 (2004) With Robert De Niro. 6.25 Paparazzi 15 (2005) With Cole Hauser. 8.00 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 10.00 Man on Fire 18 (2004) With Denzel Washington. 12.30 Rebecca's Secret 18 (1998) With Amy Rochelle. 2.10 Bad Company 18



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SPORT

Sky Sports 1

6.00 Football League Review 8.00 Monday Night Football 9.30 Soccer AM: The Best Bits 10.30 Conference Football 12.00 Monday Night Football 1.30 Soccer AM: The Best Bits 2.30 Conference Football 4.00 Soccer AM: The Best Bits 5.00 Monday Night Football 6.30 Revista De La Liga 7.30 Live Conference Football. The return leg of the second play-off semi-final. You're on Sky Sports! 11.00 Revista De La Liga 12.00 Conference Football 1.30 Revista De La Liga 2.30 You're on Sky Sports! 3.30 Poker 5.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 WWE: Late Night - Afterburn 8.00 America's Cup Sailing 9.00 British Superbikes 12.00 Live Tennis 6.00 Heritage Grand Touring Car Challenge 6.30 Rally Fever 7.30 Live Tennis 9.30 Heritage Grand Touring Car Challenge 10.00 Poker 12.00 ASP Surfing 1.00 Sports Unlimited 2.00 Thinking Tackle 3.00 Close

Sky Sports 3

7.00 Cricket 8.30 World Motor Sport 11.00 Aerobics Oz Style 11.30 Racing News 1 2 0 0 Speedway 2.00 British Superbikes 5.00 W W E :

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Smackdown 7.00 Wild Spirits 7.30 Live Greyhound Racing. Coverage of the Grand National Final at Wimbledon. 10.00 Sports Unlimited 11.00 Thinking Tackle 12.00 Rally Fever 1.00 On the Edge 1.30 Heritage Grand Touring Car Challenge 2.00 Close

British Eurosport

7.30 Snooker 8.00 WATTS 8.30 International Football 10.00 Eurogoals 10.45 Tennis: Road to Roland Garros 11.00 Live WTA Tennis. The Qatar German Open. 6.00 Snooker 7.30 Boxing 8.00 Live Boxing. Francisco Nohales v Sergio Palomo. 10.00 World Touring Car Championship 10.30 World Rally Championship 11.30 MotoGP 12.30 Close

Sky Sports Xtra

1.30 Cricket 3.00 On the Edge 3.30 World Motor Sport 6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Surfing 8.00 Thinking Tackle 9.00 America's Cup Sailing 10.00 Rally Fever 11.00 On the Edge 11.30 Heritage Grand Touring Car Challenge 12.00 America's Cup Sailing 1.00 Tennis 3.00 Close

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See page 19

BBC1

6.00 Breakfast. (T) 9.15 Animal Park. (T) (S) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrap. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Prank Patrol. (R) (T) 4.30 Raven. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Glenn tells Janae the truth about the affair. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Demolition. A pub with particular significance for Nottingham Forest supporters is torn down, and a hotel in Torquay that once played host to the stars is pushed off a cliff. (T)

7.30 The Green Green Grass. Beth and Tyler decide to become vegetarians and Jed's scarecrow is mistaken for a human body. Meanwhile, Marlene sets out to create a massage parlour and beauty salon at the farm. (R) (T)

8.00 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell and Julia Bradbury. Last in series. (T)

8.30 Car Wars. A team of officers plan a raid targeting a gang breaking into houses on a wealthy Manchester estate, while two PCs take drastic measures to end a high-speed car chase. Last in series. (T)

9.00 The Apprentice. The remaining contestants have their negotiation skills tested by Alan Sugar's favourite task - obtaining 10 items from a list devised by the tycoon for the least money possible. Car salesman Adam's chance to shine as group leader is threatened by Katie's rivalry with Kristina, while Simon's erratic behaviour as project manager causes unrest and both teams struggle to obtain a particularly tricky object. (T)

10.00 BBC News at Ten O'Clock. (T)
10.35 Regional News; Weather. (T)
10.35 The National Lottery Draws. Scott Mills sets the balls rolling to decide the all-important numbers. (T)

10.40 One Foot in the Grave. The disaster-prone Meldreys return from an overseas holiday to find their home has been demolished. Richard Wilson and Annette Crosbie star. (R) (T)

11.10 Match of the Day. Chelsea v Manchester United. Gary Lineker presents highlights of this evening's Premiership clash at Stamford Bridge between the two title contenders; (T) National Lottery Update.

11.55 FILM: Disturbing Behavior (1998). Tongue-in-cheek horror, starring Katie Holmes; (T) Weatherview.

1.15 Sign Zone: The Gardener's Year. (R) (T) 1.45 Sign Zone: My Life as a Child. (R) (T) 2.15 Sign Zone: Natural World. (R) (T) 3.05 Sign Zone: To Buy or Not to Buy. (R) (T) 3.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (R) (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 In Search of Myths and Heroes. (R) (T) 11.30 The Daily Politics. (T) 1.00 Garden Invaders. (R) (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weak-eat Link. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Jonathan Meades: Abroad Again. New series. The relationship between people and places. (T) 7.50 Coast. Neil Oliver flies to Alderney in the Channel Islands. (T) 8.00 Neneh and Andi Dish It Up. The duo prepare a meal with Caribbean influences. (T) 8.30 Sweet Baby James. Chef James Martin revisits the restaurant where he made his name. (T) 9.00 Natural World. The mysterious spread of crocodiles in Australia. (T) 9.50 Secret Fawns of Yellowstone. The dangers faced by young deer in Yellowstone park. (T) 10.00 The Apprentice: You're Fired! (T) 10.30 Newsnight. (T) 11.20 Wedding Rites: In Sickness and in Health: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Apprentice (BBC1, 9pm)

Sir Alan proves yet again he's anything but sugary in this latest instalment of the longest job interview on record. The remaining contestants are all feeling the heat - and the wrath of one of Britain's most successful entrepreneurs is only getting fiercer. This time the task is one of Sir Alan's favourites and involves candidates spending a day purchasing a list of 10 things at a price as low as possible and returning to the boardroom with their items by 6pm. The assignment is all about negotiation - something Sir Alan is a natural at, having talked his way up from selling car aerials out of the back of a van to his current £800 million fortune. With that in mind, the teams are anxious to impress but Internet entrepreneur Simon quickly upsets his group in the role as project manager and the participants don't get off to a flying start. Meanwhile, the opposition appoint car salesman Adam as their boss and having been in the boardroom for three consecutive weeks, the young Northerner is eager to make his mark. However, as the deadline looms and time runs out, both groups continue to struggle. Sir Alan is left unimpressed and this time has no qualms about who needs to hear the infamous words, "You're fired!"

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 9.00 Frasier. (R) (T) 9.30 Take Away My Takeaway; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry. (R) (T) Before and After. (R) (T) 10.30 The Underdogs. (R) (T) Burning Questions. (R) (T) 11.25 Becoming British. (T) 11.30 The Deadly Knowledge Show. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (T) 1.30 Channel 4 Racing from Chester. Including the 2.50 toteport Chester Cup (H'cap) (2m 2ft 147yds). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Seven Sins of England. The behaviour Britons are famous for. (T) 8.00 Property Ladder. A penthouse development on Brighton's seafrost. (T) 9.00 Grand Designs. Kevin McCloud revisits a couple whose plans to build a dream home in Tuscany were made difficult by a struggle to obtain planning permission and a run-in with the Italian authorities. (T) 10.00 Desperate Housewives. Susan attends anger-management therapy. (T) 11.05 The World's Most Offensive Joke. (T) 12.05 Peep Show. (R) (T) 12.40 Balls of Steel. (R) (T) 1.25 The Osbournes. (R) (T) 1.50 The Osbournes. (R) (T) 2.15 Your Face or Mine? (R) (T) 2.45 Off Centre. (R) (T) 3.10 Off Centre. (R) (T) 3.35 The Bernie Mac Show. (R) (T) 4.00 The Bernie Mac Show. (R) (T) 4.25 Wild Things. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowerfots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.15 Roary the Racing Car. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Colin and Justin on the Estate. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Dying to Belong (1997). College drama, with Hilary Swank. (T) 3.25 five news update. (T) 3.30 FILM: Columbo: Strange Bedfellows (1995). Crime drama, starring Peter Falk. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.15 Lemur Island. The two packs come into direct conflict. Last in series; (T) 7.15 five news update. 8.00 How the Other Half Learns. Moeed considers his attitude to school; (T) 8.00 five news at 9.00 FILM: Maid in Manhattan (2002). A case of mistaken identity leads a maid to go on a date with a wealthy politician - but the truth threatens their blossoming romance. Frothy comedy, starring Jennifer Lopez. (T) 11.05 Who Is the Real Jennifer Lopez? (T) 12.10 Partypoker.com European Open. 1.40 Major League Baseball. 4.45 NHRA Drag Racing.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsomer Murders. (R) (T) 3.00 For the Rest of Your Life. (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Debbie refuses to pay Eli for his part in the scam, prompting him to issue a threat - but relations soon take a turn for the better and he moves in for a kiss. Eric realises he's running out of time to stop David from defrauding him, while Pearl is disappointed by Edna's reaction to her wedding plans. (T)

7.30 Coronation Street. Deirdre is furious to discover Ken spent the night at Denise's and wastes no time in making her feelings clear. But he's not prepared to go down without a fight. Paul's hopes of avoiding Leanne are dashed when Carla invites her to dinner, and Kirk is distraught when he discovers the kennels could be closed after the castration of the wrong dog. (T)

8.00 The Bill. Sam, Diane and Nikki see a young woman fall from a walkway on the Cole Lane estate and learn that the woman's alcoholic husband holds himself responsible for her injuries. Meanwhile, Mickey sets up an underground operation to investigate the activities of a pub card-sharp. Pooja Shah guest stars. (T)

9.00 City Lights. The series ends on a note of high drama as Tate prepares to cover his tracks by killing the boys, but has a last-minute attack of conscience and decides to help them escape. Hatton and Gully get their just deserts in the ensuing melee, but Sweeney proves more slippery and attempts to flee the country by plane. As events come to a head, Colin's injuries take their toll and he collapses in agony. (T)

10.00 Get a Grip. Ben Elton and Alexa Chung turn their attention to inner growth and alternative lifestyles, considering such New Age trappings as birth stones, crystals and tarot cards. Last in series. (T)

10.30 ITV News; Weather. (T)
11.00 Weather from Hell. Footage of hurricanes, heatwaves, blizzards and floods filmed over the past two years. Honey-mooners discuss a nightmare trip to Grenada and a Carlisle family relive the 2005 deluge. (R) (T)

12.00 Glitterball; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Los Ricos Tambien
Lloran 1505 Portugal No
Coração 1715 Lingo 1800
Portugal em Directo 1955
Direito de Antena 0000 The
Accidental Tourist, film 0200
Foyle's War: A Lesson in
Murder, film

RTP2
0700 Magazine 0720 Mostra
0730 Zig Zag, cartoons 1400
Sociedade Civil 1530 Portugal
um Retrato Ambiental 1600
entre Nós 1630 EuroNews
1700 Peixe Vampiro 1730
Discovery Hour 1830 Fé dos
Homens 1900 Biosfere 1945
Zig Zag 2045 Yes Dear 2115
Discovery Hour 2200 News
2230 Ossos 2315 Behind the
Scene 2300 Clube de
Imprensa 0300 The Guardian
0145 Peixe Vampiro 0215
Biosfere 0300 Da Terra ao
Mar 0345 Consigo 0415
Sociedade Civil
SIC

0645 Sic Kids 0830 Floribela
1000 Fátima 1300 News 1400
O Páreta 1445 Laços de
Família 1530 Contacto 1715
Floribela 1900 Sinhá Moca
0215 Bang Bang 0315
Ganância

TVI
0700 Diário Da Manhã 1000
Vôc na TV 1300 News 1400
Inspector Max 1500 Anjo
Selvagem 1530 Ugly Betty
1800 Mornagos com Açúcar
2000 News 2115 Morangos
com Açúcar 2200 Tempo de
Viver 0200 Film TBA

Best of the Rest

BBC3

7.00 Castaway 7.30 Honey
We're Killing the Kids Revisited
8.00 Wedding Stories 9.00 My
Big Breasts and Me 10.00 Film:
Kill Bill: Vol One 18 (2003)
11.40 Two Pints of Lager and
a Packet of Crisps 12.10 Two
Pints of Lager and a Packet of
Crisps 12.40 American Dad!
1.00 American Dad! 1.25 My
Big Breasts and Me 2.20 Two
Pints of Lager and a Packet of
Crisps 2.50 Two Pints of Lager
and a Packet of Crisps 3.20
Rob Brydon's Annually
Retentive 3.50 Close

BBC4

7.00 The Diary of a Nobody
7.10 A Study in Sherlock 7.50
The Diary of a Nobody 8.00
The World 8.00 Weather 8.30
Thoroughly Modern 9.00 Miss
Marie Lloyd: The Queen of the
Music Hall 10.20 A Study in
Sherlock 11.00 The Man Who
Loved Sherlock Holmes 12.00
Miss Marie Lloyd: The Queen
of the Music Hall 1.20
Thoroughly Modern 1.50 A
Study in Sherlock 2.30 The
Man Who Loved Sherlock
Holmes 3.30 Thoroughly
Modern 4.00 Close

ITV2

1.30 The Jeremy Kyle Show
2.35 Ricki Lake 3.20 The
Jeremy Kyle Show 4.25 Sally
Jessy Raphael 5.15 Airline
USA 5.40 Judge Judy 7.00
Smallville 8.00 Film: About a
Boy 12 (2002) 10.00
Coronation Street 10.30
Deadline 11.30 Jack Osbourne
- Adrenaline Junkie 12.30
Deadline 1.30 Glitterball: ITV

Play 4.00 Teleshopping 6.00
Close

Sky One

1.00 Bones 2.00 Cold Case
3.00 Las Vegas 4.00 Stargate
SG-1 5.00 Stargate SG-1 6.00
Stargate Atlantis 7.00 The
Simpsons 7.30 The Simpsons
8.00 Film: Volcano 12 (1997)
10.00 Lost 11.00 Law & Order
12.00 Stargate Atlantis 1.00
Las Vegas 1.50 Mile High 2.40
Hot Summer Down Under 3.30
Star Trek: Voyager 4.20 Uncut!
Rep: In Ibiza 5.10 Star Trek:
Voyager

UKTV Gold

1.00 Catherine Cookson's The
Cinder Path 4.00 The Afternoon
Play 5.00 Dallas 6.00 Charlie's
Angels 7.00 Film: Carry On
Doctor PG (1967) 9.00 Dalziel
& Pascoe 11.20 Men Behaving
Badly 12.00 Men Behaving
Badly 12.40 Early Doors 1.20
Room 101 2.00 Have I Got
2002 for You 2.30 Men
Behaving Badly 3.00 The Bill
3.50 Casualty 4.40 The House
of Elliott 5.35 Neighbours

TCM

1.15 Jailhouse Rock PG (1957)
3.00 Mrs Soffel PG (1984)
5.05 The Yellow Rolls-Royce
PG (1964) 7.20 My Favorite
Year PG (1982) 9.00 Point
Blank 18 (1967) 10.40 Marlowe
PG (1969) 12.25 Eye of the
Devil 15 (1967) 2.00
Teleshopping 2.20 Parlor,
Bedroom and Bath U (1931)
3.35 The Cross of Lorraine PG
(1943)

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

7.05 Comfort and Joy PG (2003)
8.45 Ice Bound PG (2003) 10.30
Too Close to Home (1997) 12.20
A Walk in the Clouds PG (1995)
With Keanu Reeves. 2.20 In
Good Company 15 (2004) With
Dennis Quaid. 4.20 Comfort
and Joy PG (2003) With Nancy
McKee. 6.00 A Walk in the
Clouds PG (1995) With Keanu
Reeves. 8.00 In Good Company
15 (2004) With Dennis Quaid.
10.00 Mississippi Burning 18
(1988) With Gene Hackman.
12.10 Dangerous Minds 15
(1995) With Michelle Pfeiffer.
2.00 The Alamo 12 (2004) With
Dennis Quaid. 4.25 Too Close
to Home (1997)

Sky Movies Comedy

6.20 Christmas with the Kranks
PG (2004) 8.20 Mastermind PG
(1976) 10.00 The Birdcage 15
(1996) 12.05 We're No Angels
15 (1989) With Robert De Niro.
2.05 Just Friends 12 (2005)
With Ryan Reynolds. 3.50
Mastermind PG (1976) With Zero
Mostel. 5.30 Comedy Close Up
6.00 To Die For 15 (1995) With
Nicole Kidman. 8.00 Just
Friends 12 (2005) With Ryan
Reynolds. 9.40 We're No
Angels 15 (1989) With Robert
De Niro. 11.30 The Top 10 Show
11.50 The Birdcage 15 (1996)
With Robin Williams. 1.55 To
Die For 15 (1995) With Nicole
Kidman. 3.45 Bachelor Party 18
(1984) 5.35 Christmas with the
Kranks PG (2004)

Sky Movies Action

6.15 In the Line of Duty: Siege
at Marion (1992) 8.05 Above
Suspicion 15 (2000) 9.50 SS
Doomtrooper (2006) 11.25
Revolver 15 (2005) With Jason
Statham. 1.20 In the Line of
Duty: Siege at Marion (1992)
With Ed Begley Jr. 3.00 Dragon
Dynasty 12 (2006) With Federico
Castelluccio. 4.30 SS
Doomtrooper (2006) With Corin
Nemeo. 6.05 Revolver 15
(2005) With Jason Statham.
8.00 Dragon Dynasty 12 (2006)
With Federico Castelluccio. 9.40
Spider-Man 3 - Making Of 10.00
Green Street 18 (2004) With
Elijah Wood. 12.00 Inferno 18
(1999) With Jean-Claude Van
Damme. 1.40 Jade 18 (1995)
With Michael Biehn. 3.40 In the
Line of Duty: Siege at Marion
(1992) 5.40 Action & Thriller
Close Up

(R)-repeatprogramme;

(T)-programmewithtele-

textsubtitles;

(S)-programmebroad-

castinstereo;

(bw)-blackandwhite.

SPORT

Sky Sports 1

6.00 You're on Sky Sports!
7.00 Revista De La Liga 8.00
Conference Football 9.30 Poker
11.30 Revista De La Liga 12.30
Conference Football 2.00 Poker
4.00 Revista De La Liga 5.00
Conference Football 6.30 Total
Rugby 7.00 FIFA Futbol Mundial
7.30 Live Football Special.
Chelsea v Manchester United
(Kick-off 8.00pm). 10.30
Spanish Cup Football 12.30
Football Special 2.00 Spanish
Cup Football 4.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On
the Edge 7.00 WWE: Heat 8.00
America's Cup Sailing 9.00 On
the Edge 9.30 Heritage Grand
Touring Car Challenge 10.00
Thinking Tackle 11.00 Rally
Fever 12.00 Live Tennis. The
third day of the ATP Rome
Masters. 6.00 On the Edge 6.30
Irish Greyhound Racing 7.00
European Tour Weekly 7.30
Live Tennis. The third day of
the ATP Rome Masters. 9.30
European Tour Weekly 10.00
PGA EuroPro Tour Golf 11.00
Total Rugby 11.30 European
Tour Weekly 12.00 Poker 2.00
PGA EuroPro Tour Golf 3.00
Close

Sky Sports 3

10.00 Surfing 11.00 Aerobics
Oz Style 11.30 Racing News
12.00 Sports Unlimited 1.00
Rally Fever 2.00 On the Edge
2.30 Wild Spirits 3.00 Surfing
4.00 Sports Unlimited 5.00

WWE: Bottom Line 6.00 WWE:
Afterburn 7.00 Motorsport 8.00
World Ten Pin Masters 9.00 On
the Edge 9.30 Irish Greyhound
Racing 10.00 Watersports
World 11.00 Transworld Sport
12.00 Motorsport 1.00 On the
Edge 1.30 Irish Greyhound
Racing 2.00 Transworld Sport
3.00 Motorsport 4.00 Irish
Greyhound Racing 4.30 Live
International Cricket.
Bangladesh v India.

British Eurosport

7.30 WTA Tennis 8.00 Gooool!
8.15 Eurogals 9.00 World Rally
Championship 10.00 World
Superbikes 10.45 Tennis: Road
to Roland Garros 11.00 Live
WTA Tennis. The Qatar German
Open. 2.30 Tatiana's World 2.45
Live WTA Tennis. The Qatar
German Open. 6.00 Sailing 6.05
Wednesday Selection 6.10
Show Jumping 7.10 Riders Club
7.15 Wednesday Selection 7.20
US Tour Golf 8.20 European
Tour Golf 8.50 Golf Club 8.55
Yacht Club 9.00 Sailing 9.15
Marathon des Sables 9.45
MotoGP 10.45 World Superbikes
11.30 Eurogals 12.15 Sailing
12.30 Close

Sky Sports Xtra

4.00 Aerobics Oz Style 4.30
Heritage Grand Touring Car
Challenge 5.00 Rally Fever 6.00
Aerobics Oz Style 6.30 Max
Power 7.30 European Pro Tour
Golf 8.30 Total Rugby 9.00
British Motocross Championship
10.00 Max Power 11.00 On the
Edge 11.30 Irish Greyhound
Racing 12.00 Tennis 2.00 Close



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BBC1

6.00 Breakfast. (T) 9.15 Animal Park. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 Diddy Dick & Dom. (R) (T) 3.55 Watch My Chops. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 Dinopien. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Boyd admits the truth about his feelings for Glenn, and Janae's hopes of saving her marriage are dashed when Elle urges her friend to stay in Erinsborough to fight for the man she loves. Ringo discovers Lolly's secret, while Susan berates Karl after their dream holiday plans end in disaster. (R) (T) BBC News; Weather. (T) Regional News Programmes; Weather. (T) Castaway. The islanders face another predicament and host Danny Wallace forces them to reflect on their experiences. Reality series following a group of volunteers living on a remote island off the coast of New Zealand, who are challenged to survive without life's luxuries. (T)

7.30 EastEnders. Tanya jumps to the wrong conclusion when she discovers a blonde hair on Max's jacket and listens to his phone messages. Meanwhile, Jane suggests Ian should end the feud, but Phil has other ideas and demands he pay the plumber's bill. Rob lashes out at May after he makes a disturbing discovery at her flat. Holby City. As Harvey clings to life on the operating table, Kyla and Max are questioned about what took place on the rooftop prior to his fall. Sam is convinced Connie is suffering from post-natal depression when she refuses to visit baby Grace in intensive care. Jac persuades an oblivious Joseph to arrange a dinner date with his parents in the hope of confronting Lord Byrne about his feelings. Jane Asher guest stars. (T)

9.00 Hustle. Albert poses as a member of a racing syndicate to lure porn industry baron Dickie Brennan into buying a useless house. The target soon walks into their trap, but unbeknown to Ash, he has fixed the contract so the gang can only reap the rewards with a genuine winner. Meanwhile, a street kid approaches Danny, keen to become his protege. Robert Vaughn, Robert Glenister and Marc Warren star. (T) BBC News at Ten O'Clock. (T) Regional News; Weather. (T) 10.35 Question Time. (T) 11.35 This Week; (T) Weatherview. 12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Victoria's Empire. (R) (T) 1.55 Sign Zone: Return to Lullingsstone Castle. (R) (T) 2.25 Sign Zone: To Buy or Not to Buy. (R) (T) 2.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get 100. (T) 8.00 The Story of Tracy Beaker. (R) (T) 8.15 Krypto the Superdog. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks; (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Music Makers. (T) 11.10 English Express. (T) 11.30 Big Slam Poetry. (T) 11.50 BBC Primary Geography. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.45 Living in the Sun. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Wild Wensleydale. A tour of James Herriot country in North Yorkshire. (R) (T) 7.30 The Museum. New series. Insight into life at the British Museum. (T) 8.00 The Hair Bikers Ride Again. Part two of two. The Lisbon Dakar Rally comes to Morocco. (T) 8.30 It's Not Easy Being Green. A wildlife pond for a home in Staffordshire. (T) 9.00 The Catherine Tate Show. Paul O'Grady guests. (R) (T) 9.30 Roman's Empire. Roman has a brush with death. (T) 10.00 The Graham Norton Show. Tori Amos guests. (T) 10.30 Newsnight. (T) 11.20 Desi DNA. (T) 11.50 FILM: The Legend of 1900 (1998). Drama, starring Tim Roth; (T) The Witness. (R) (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Holby City (BBC1, 8pm)
Kyla (Rakie Ayola) has never been one of the more likeable members of staff and her quick temper has landed her in hot water on more than one occasion. However, this week, the fiery nurse's world crashes down as, after an argument with Harvey (Roger Griffiths), he tumbles from the roof. The chap is rushed into the operating theatre as the police start asking awkward questions, and just when it seems as if he'll make a recovery, complications arise and Harvey dies. While Kyla desperately tries to hide the fact she and her husband were fighting, her son Max (Thor Guichard) reveals the truth. After extensive questioning, the police get the full story, come to the conclusion Max isn't safe with his mother and take the lad away. Kyla is grief-stricken, but knows full well she's brought this turn of events upon herself. Meanwhile, Connie (Amanda Mealing) refuses to let the fact she's recently given birth deter her from being at work, leading Sam (Tom Chambers) to suspect she's suffering from post-natal depression. Jac (Rosie Marcel) persuades Joseph (Luke Roberts) to take her to a get-together with his parents, where she and Lord Byrne (Ronald Pickup) finally reveal their true feelings.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 9.00 Frasier. (R) (T) 9.30 Take Away My Takeaway. (T) Before and After. (R) (T) 10.00 Don't Make Me Angry. (R) (T) 10.30 The Underdogs. (R) (T) 11.30 The Deadly Knowledge Show. (R) (T) Homeless World Cup. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (T) 1.30 Channel 4 Racing from Chester and Goodwood. Including the 2.50 MBNA Bank of America Chester Vase (1m 41 66yds). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Seven Sins of England. The behaviour Britons are famous for. Last in series. (T) 8.00 A Place in the Sun. A holiday home in the Austrian Alps. (T) 8.30 A Place in the Sun. Amanda Lamb scours Tuscany to find the ideal property for singer-songwriter Pashua, who is searching for a sunny retreat, with the aid of his best friend Caroline. Last in series. (T) 9.00 Saddam's Tribe. Docu-drama charting the downfall of Saddam Hussein. (T) 11.05 Hitler: The Comedy Years. (T) 12.05 FILM: The Aristocrats (2005). Premiere. Documentary on stand-up comedy. (T) 1.45 FILM: Disco Pigs (2001). Drama, starring Cillian Murphy. (T) 3.25 Love Me or Leave Me Alone. (R) (T) 3.40 The Seven Sins of England. (R) (T) 4.30 3 Minute Wonder: City of Cranes. (R) (T) 4.45 Unreported World. (R) (T) 5.10 3 Minute Wonder: I Am Amazon. (R) (T) 5.15 In Your Dreams. (R) (T) 5.25 Countdown. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midsummer Murders. (R) (T) 3.00 For the Rest of Your Life. (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Eric finds David's plane tickets and tries to foil his plan to leave the village, while Chas grows suspicious of Del's intentions. Viv realises Eli spent the night with Debbie. (T) 7.30 Emmerdale Family Album. The life and times of the soap's founding family the Suggs, who started out in 1972 as a stable farming clan. Under the rule of matriarch Annie, they ran Emmerdale Farm and rarely faced a greater dilemma than a broken-down tractor - but have more recently gone through the drama of deaths, teenage pregnancy and numerous affairs. Actor Clive Hornby, who has played Jack since 1980, discusses his character's eventful life, which has seen him become a novelist, bury two wives and accidentally shoot his adopted son. Elizabeth Estensen (Diane), Sammy Winward (Katie) and Kelvin Fletcher (Andy) also talk about the highlights and pitfalls of life in the village. (R) (T) 8.00 The Bill. A murder hunt begins when Reshna's body is pulled out of the Thames and it emerges she was having an affair with a fellow student. Jenny Eclair guest stars. (T) 9.00 The Last Detective. The team are called in to investigate the death of a man who'd been living a hermit-like existence for years, although Dangerous soon deduces he can't have been living alone. The post mortem confirms he was killed, but the case soon takes a horrifying turn when a search of the victim's home reveals an old movie showing a child's murder. Meanwhile, Mod's new job as a children's entertainer leads to an unexpected meeting with a potential love interest. Jeff Rawle, Celia Imrie and Hywel Bennett guest stars. (T) 10.30 ITV News; Weather. (T) 11.00 Suggs in Soho. The Madness frontman presents a two-part insider's guide to the area, taking a stroll with Soho regular Stephen Fry and joining Molly Parkin at the Colony Room Club. 11.30 Legends. Comic actor Terry-Thomas, who not only found fame in Britain with appearances in such films as School for Scoundrels and I'm All Right Jack but also made his mark in Hollywood. (R) 12.00 Make Your Play; ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightstars.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal
0900 Natal dos Hospitais
1300 News 1415 Natal dos Hospitais 2000 News 2245 Um Contra Todos 0145 Film TBA 0625 Boletim das Pescas
RTP2
0700 Magazine 0720 Mostra! 0730 Zig Zag cartoons 1400 Sociedade Civil 1530 Portugal, Um Retrato Ambiental 1600 entre Nós 1630 EuroNews 1700 National Geographic 1730 Discovery Hour 1830 Fé dos Homens 1900 Initiative 1945 Zig Zag 2045 Yes Dear 2145 Discovery Hour 2200 News 2230 The Twilight Zone 2330 A Revolta dos Pastéis 0100 Film TBA 0530 Euronews
SIC
0645 Sic Kids 0830Floribella 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribella 2045 News 2000 News 2145 Floribella 2215 Cobras & Lagartos 2315 Jura
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Inspector Mac 1500 Anjo Selvagem 1600 Quem Quer Ganhar 1800 Morangos com Açúcar 2115 Morangos Com Açúcar 2215 TVI Gala 0015 Dr House 0130 Cartaz das Artes 0430 CSI

BBC3
7.00 The Panic Room 8.00 The Eurovision Song Contest Semi-Final 2007 10.40 EastEnders 11.10 Two Pints of Lager and a Packet of Crisps 11.40 Two Pints of Lager and a Packet of Crisps 12.10 Football Gaffes Galore 1.05 Booze Bird: Mischievous 2.05 Two Pints of Lager and a Packet of Crisps 2.35 Two Pints of Lager and a Packet of Crisps 3.00 The Panic Room 4.00 Close
BBC4
7.00 The Avengers 7.50 The Diary of a Nobody 8.00 The World 8.00 Weather 8.30 Chelsea Pensioners: Once a Soldier 9.00 Edwardians in Colour: The Wonderful World of Albert Kahn 10.00 The Diary of a Nobody 2.00 Never Mind the Full Stops 11.00 How the Edwardians Spoke 12.00 Chelsea Pensioners: Once a Soldier 12.30 Edwardians in Colour: The Wonderful World of Albert Kahn 1.30 The Diary of a Nobody 2.00 Never Mind the Full Stops 2.30 Chelsea Pensioners: Once a Soldier 3.00 Edwardians in Colour: The Wonderful World of Albert Kahn 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.20 The Jeremy Kyle Show 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 Smallville 8.00 Staff from Hell 9.00 Katie & Peter: The Next Chapter 10.00 Deadline 11.00 Supernatural 12.00 Deadline 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Bones 2.00 Cold Case 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Stargate Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Cold Case 11.00 Badger or Bust 12.00 Law & Order 1.00 Stargate Atlantis 1.50 Las Vegas 2.40 Mile High 3.30 Hot Summer Down Under 4.20 Uncut! Reps in Ibiza 5.10 Star Trek: Voyager
UKTV Gold
1.00 Keeping Up Appearances 1.40 innerladies 2.20 My Family 3.00 The Thin Blue Line 3.40 One Foot in the Grave 4.20 One Foot in the Grave 5.00 Dallas 6.00 Charlie's Angels 7.00 Film: Carry On Don't Lose Your Head PG (1966) 8.50 Alistair McGowan's Big Impression 9.00 Jim'll Fix It Strikes Again 9.30 TV Now and Then 10.10 Only Fools and Horses 11.15 Men Behaving Badly 11.55 Men Behaving Badly 12.35 Early Doors 1.15 Room 101 1.50 Have I Got 2002 for You 2.20 The Bill 3.10 Casualty 4.00 2point4 Children 4.45 The House of Eliott 5.35 Neighbours
TCM
3.00 In the Good Old Summertime U (1949) 4.55 Skyjacked PG (1972) 6.45 2010 PG (1984) 9.00 Being There PG (1979) 11.20 The Sunshine Boys PG (1975) 1.20 The Strawberry Statement 15 (1970) 3.10 Teleshopping 3.30 Northern Pursuit PG (1943)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
6.05 Judas PG (2004) 7.45 Anastasia: The Mystery of Anna 9.40 Victim of Love PG (1993) 11.20 The Simple Life of Noah Dearborn PG (1999) With Sidney Poitier. 12.55 Judas PG (2004) With Johnathon Schaech. 2.40 Anastasia: The Mystery of Anna 4.40 Victim of Love PG (1993) With Dwight Schultz. 6.20 The Simple Life of Noah Dearborn PG (1999) With Sidney Poitier. 8.00 Walk the Line 12 (2005) With Joaquin Phoenix. 10.20 The Edge 15 (1997) With Anthony Hopkins. 12.20 Outrage 15 (1998) With Rob Lowe. 1.55 Woman with a Past PG (1992) With Pamela Reed. 3.30 Friday Night Lights 12 (2005) 5.30 Victim of Love PG (1993)
Sky Movies Comedy
7.20 The Pirates of Penzance U (1982) 9.30 Two Much PG (1996) 11.45 Bean PG (1997) With Rowan Atkinson. 1.30 Kingpin 12 (1995) With Woody Harrelson. 3.40 Meet the Fockers 12 (2004) With Ben Stiller. 5.50 Two Much PG (1996) With Antonio Banderas. 8.00 Kingpin 12 (1995) With Woody Harrelson. 10.00 Meet the Fockers 12 (2004) With Ben Stiller. 12.00 Bull Durham 15 (1988) With Kevin Costner. 1.55 Semi-Tough 15 (1977) With Burt Reynolds. 3.50 Twin Town 18 (1997) 5.35 The Pirates of Penzance U (1982)
Sky Movies Action
6.10 Gettin' Square 15 (2003) 8.00 The Chamber 15 (1996) 10.05 The Peacemaker 15 (1997) 12.15 In the Line of Duty: Smoke Jumpers PG (1996) With Adam Baldwin. 2.05 Gettin' Square 15 (2003) With Sam Worthington. 4.05 Rush Hour 12 (1998) With Jackie Chan. 5.55 The Chamber 15 (1996) With Chris O'Donnell. 8.00 The Peacemaker 15 (1997) With George Clooney. 10.05 Rush Hour 12 (1998) With Jackie Chan. 11.55 Domino 15 (2005) With Keira Knightley. 2.10 I'll Sleep When I'm Dead 15 (2004) With Clive Owen. 4.00 In the Line of Duty: Smoke Jumpers PG (1996)

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SPORT

Sky Sports 1
6.00 Spanish Cup Football 8.00 Football Special 9.30 PGA EuroPro Tour Golf 10.30 EuroPro Tour Weekly 11.00 Live European Tour Golf. The Valle Romano Open de Andalucia. 1.00 Total Rugby 1.30 Football Special 3.00 Irish Greyhound Racing 3.30 Total Rugby 4.00 Live European Tour Golf. The Valle Romano Open de Andalucia. 6.00 The Rugby Club 7.30 Live Football Special. Tottenham Hotspur v Blackburn Rovers (Kick-off 8.00pm). 10.15 Spanish Cup Football 12.15 Football Special 1.45 FIFA Futbol Mundial 2.15 Boots 'n' All 3.15 Close
Sky Sports 2
6.00 Aerobics Oz Style 6.30 On the Edge 7.00 WWE: Experience 8.00 Watersports World 9.00 On the Edge 9.30 Irish Greyhound Racing 10.00 Motorsport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Live Tennis. The fourth day of the ATP Rome Masters. 6.00 ATP Tennis 6.30 Extreme Carp 7.00 NBA Action 7.30 Live Tennis. The fourth day of the ATP Rome Masters. 9.30 ATP Tennis 10.00 Boots 'n' All 11.00 Netball 1.00 The Rugby Club 2.30 Close
Sky Sports 3
6.00 Live International Cricket. Bangladesh v India. 12.30 Watersports World 1.30 Irish Greyhound Racing 2.00 Motorsport 3.00 Spanish Cup Football 5.00 WWE: Heat 6.00 International Cricket 8.00 Boots 'n' All 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 International Cricket 2.00 On the Edge 2.30 Race World 3.30 Close
British Eurosport
7.30 Marathon des Sables 8.00 WTA Tennis. 8.30 World Superbikes 9.00 World Touring Car Championship 9.30 World Rally Championship 10.30 WTA Tennis 11.00 Live WTA Tennis. The Qatar German Open. 12.30 Tatiana's World 12.45 Live WTA Tennis. The Qatar German Open. 4.30 Live International Football. The first Under-17s European Championship semi-final (Kick-off 4.30pm). 6.15 WTA Tennis 7.15 Live International Football. The second Under-17s European Championship semi-final (Kick-off 7.15pm). 9.00 WTA Tennis 10.30 International Football 12.00 Yoz Magazine 12.30 Close
Sky Sports Xtra
1.30 European Tour Golf 3.30 On the Edge 4.00 Race World 5.00 Netball 7.00 FIFA Futbol Mundial 7.30 Golf Night 9.30 Race World 10.30 Extreme Carp 11.00 Poker Week 11.30 NBA Action 12.00 Golf Night 2.00 Poker Week 2.30 Extreme Carp 3.00 ATP Tennis 3.30 Close

Everything in English

WORLD TELECOM

707 500 600

ITV1

12.00 Make Your Play; ITV News Headlines.
4.10 60 Minute Makeover. (R) (T) 5.00 ITV
Nightscreen.

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.15 Roary the Racing Car. (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Colin and Justin on the Estate. (R) (T) 1.35 FILM: The Dance Goes On (1991). Heart-warming drama, with Genevieve Buajd. (T) 3.35 five news update. (T) 3.40 FILM: Love's Abiding Joy (2006). Premiere. Western, starring Logan Bartholomew. (T) 5.30 five news: Weather. (T) 6.00 Home and Away. (T) 6.30 Two and a Half Men. (R) (T) 7.00 five news. (T) 7.30 Sky Monsters. Scientists construct a replica of a prehistoric pterosaur; (T) 7.30 five news at 9.90 NCIS. The team are called to a high school on a marine base, where a pupil has taken his classmates hostage after strapping a bomb to his chest. Mark Harmon stars. (T) 10.00 Law & Order: Criminal Intent. A retired couple who were in a witness protection programme are found dead at their home, leading to suspicions the mobsters they helped send to jail had been tipped off to their whereabouts. (T) 11.00 Prison Break. (R) (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R)

R. 1.10 The Hoobs. (R) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) 8.00 Just Shoot Me. (R) 8.30 Just Shoot Me. (R) 9.00 Frasier. (R) (T) 9.30 Take Away My Takeaway. (T) Before and After. (R) (T) 10.00 Don't Make Me Angry. (R) (T) Burning Questions. (R) 10.30 Fame Asylum. (R) (T) Burning Questions. (R) (T) 11.25 Becoming British. (R) (T) 11.30 The Deadly Knowledge Show. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (T) 1.30 Channel 4 Racing from Chester. Including 2.50 Blue Square Ormonde Stakes (1m 5f 89yds). (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Kamita Navai reports on Chongqing, the world's fastest-growing city, currently expected to house 20 million people by the year 2020, funded by China's economic boom. (T) 8.00 A Place in the Sun: Home or Away. Properties in Wales and Sardinia. (T) 9.00 Ugly Betty. Daniel and Alexis are forced to work together. (T) 10.00 Derren Brown: Trick or Treat. A participant becomes a madman. (T) 10.30 Peep Show. (T) 11.05 Peter Kay's Phoenix Nights. (R) (T) 11.40 4Music: Transmission. 12.40 4Music: The JD Set Presents: CSS. 12.55 4Music: 4Play: Tom McRae. 1.10 4Music: Ibiza Rocks. (R) (T) 1.40 Goalissimo. 2.30 Poker Nations Cup. (R) 3.30 Adrenalin Rush. (R) 4.00 Transworld Sport. (R) (T) 4.55 Countdown. (R) (T) 5.40 New Shoots: Films from Disabled Directors. (R) (T)

60.00 Cbeebies: Fimbles. (R) (T) 20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Get Into 100. (T) 8.00 Bring It On. (R) (T) 8.30 Cbeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks; (R) (T) Cbeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Brum. (R) (T) 9.25 Me Too! (T) 9.45 Something Special. (R) (T) 10.00 Postman Pat. (T) 10.15 The Roly Mo Show. (R) (T) 10.30 Schools: Maths Channel. (T) 10.40 Maths Channel. (T) 10.50 Watch. (T) 11.05 Tales of Europe. (T) 11.20 Focus. (T) 11.40 BBC Primary History. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 The Flying Gardeners. (T) 1.45 Living in the Sun. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Blair Rich Project. The PM's earning potential after he steps down. (T) 7.30 *Wainwright's Walks*: BBC Four on BBC Two. Climbing England's highest peak. Last in series. (T) 8.00 *Gardeners' World*. From the Malvern Spring Gardening Show. (T) 9.00 *Timewatch* - Gladiator Graveyard. Anthropologists offer new evidence on gladiators. (T) 9.50 *A Portrait of the Dales*. A look at the area through the eyes of a local artist. (R) (T) 10.00 *Balderdash & Piffle*. New series. Insults derived from medical diagnoses. (T) 10.30 *Newsnight*. (T) 11.00 *Newsnight Review*. (T) 11.35 *Later with Jools Holland*. (T) 12.35 *FILM*: *Out Cold* (2001). Comedy, starring Jason London. (T) 2.00 *Star Trek*. (R) (T) 2.50 *Star Trek*. (R) (T) 3.40 *Malcolm in the Middle*. (R) (T) 4.05 *Close*.

6.00 Breakfast. (T) 9.15 Animal Park. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBC: Pitt & Kantrop. (R) (T) 3.30 The Likeaballs. (R) (T) 4.00 Prank Patrol. (R) (T) 4.30 Raven. (R) (T) 5.00 Totally Doctor Who. (T) 5.25 Newsworld. (T)

5.35 Neighbours. Lolly takes drastic action to end Sandy's cycle of abuse, while Frazer tries to reassert his masculinity - by starting a fight with a football fan. Karl asks Rosetta for a job. (R)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 A Question of Sport. With former England cricketer Phil Tufnell, French rugby union captain Raphaël Ibanez, ex-Scotland international footballer Joe Jordan and hurdles legend Colin Jackson. (T)

7.30 Rogue Traders. Matt Allwright and Dan Penteado investigate two allegedly inept driveway firms. One claims to be a major motorway contractor yet manages to lay tarmac so badly it lifts straight off the ground, while the other digs foundations too shallow and builds over airbricks, blocking off ventilation. (R) (T)

8.00 EastEnders. Tanya's revelation makes Max desperate to regain her trust, while Bradley grows suspicious of Stacey, forcing her to admit to having a relationship with an older man. (T)

8.30 My Family. Abi tries to cook a meal for her future mother-in-law and Ben discovers his old college pal isn't the man he used to be. Comedy, starring Robert Lindsay and Zoe Wanamaker. (T)

9.00 Have I Got News for You. Kirsty Young chairs the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (T)

9.30 Ruddy Hell! It's Harry and Paul. The I Saw You Coming shopkeeper fleeces another customer, while the Lecy Sponging detectives investigate a murder in a pub. New characters include the Divorcing Couple joining more established ones like the Posh Scaffolders. Harry Enfield and Paul Whitehouse showcase comedy sketches, with Morwenna Banks and Laura Solon. (T)

10.00 BBC News at Ten O'Clock. (T)
10.30 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Alan Sugar talks about The Apprentice, and Rufus Wainwright chats about and performs a track from his new album Release the Stars. The Kaiser Chiefs provide the music. (T)

11.35 FILM: *Air America* (1990). Action adventure, starring Mel Gibson. (T)
1.20 FILM: *Theatre of Blood* (1973). Tongue-in-cheek horror, starring Vincent Price; (T) *Weatherview*. 3.05 BBC News 24. (T)

SPORT

Sports Show 3.00 Football
League 4.30 Live
International Cricket.
Bangladesh v India.

7.05 What Love Sees PG
(1996) 8.50 Anastasia: The
Mystery of Anna 10.30 Role
of a Lifetime PG (2001) 12.35
A Good Woman PG (2004)
With Helen Hunt. 2.15
Anastasia: The Mystery of
Anna 4.00 Role of a Lifetime
PG (2001) With Scott Bakula
6.00 The Top 10 Show 6.20 A
Good Woman PG (2004) With
Helen Hunt. 8.00 Mermaids
12 (2003) With Sarah Laine
9.40 The Aviator 12 (2004)
With Leonardo DiCaprio
12.35 Alfie 15 (2004) With
Jude Law. 2.35 Obsessed 12
(2002) With Jenna Elfman
4.15 What Love Sees PG
(1996)

Young Connecticut Yankee
in King Arthur's Court PG
(1994)

Sky Movies Action

6.00 The Monkey King 8.50
The Escapist 15 (2001) 10.35
Red Eye 12 (2005) 12.15
Flightplan 12 (2005) With Jodie
Foster. 1.45 The Monkey King
4.35 Flight of the Phoenix 12
(2004) With Dennis Quaid
6.30 Red Eye 12 (2005) With
Rachel McAdams. 8.00
Executive Decision 15 (1996)
With Kurt Russell. 10.15
Flightplan 12 (2005) With Jodie
Foster. 11.55 Sin City 18
(2005) With Mickey Rourke
2.05 Sea of Love 18 (1989)
With Al Pacino. 4.15 The
Monkey King

Sky Movies Comedy

7.30 A Young Connecticut Yankee in King Arthur's Court PG (1994) 9.10 Who Is Cletis Tout? 15 (2001) 10.50 Bewitched PG (2005) 12.35 She's Having a Baby 15 (1988) With Kevin Bacon. 2.25 Picture Perfect PG (1997) With Jennifer Aniston. 4.15 Bewitched PG (2005) With Nicole Kidman. 6.10 Practical Magic 12 (1998) With Sandra Bullock. 8.00 Picture Perfect PG (1997) With Jennifer Aniston. 10.00 Romy and Michele's High School Reunion 15 (1997) With Sevenson 11.40 Who Is Cletis Tout? 15.00 Who Is Cletis Slater. 1.20 She's Having a Baby. 1.50 (1988) With Kevin

(R) - repeat programme;

(T) -programme with

teletext subtitles;

broadcast in stereo;

(bw) - black and white.

BBC3

7.00 Cstaway 8.00 Freaky
Eaters 9.00 Doctor Who 9.45
Doctor Who Confidential 10.00
EastEnders 10.30 Two Pints of
Lager and a Packet of Crisps
11.00 Two Pints of Lager and a
Packet of Crisps 11.30 Ideal
12.00 Family Guy 12.20 Family
Guy 12.40 Two Pints of Lager
and a Packet of Crisps 1.10 Two
Pints of Lager and a Packet of
Crisps 1.40 Rob Brydon's
Annually Retentive 2.10 Ideal
2.40 Freaky Eaters 3.40 Close

BBC4
7.00 A Pocket Full of Posies
7.50 The Diary of a Nobody
8.00 The World 8.00 Weather
8.30 Young Guns Go for It 9.00
If It Ain't Stiff 10.30 Music Hall
Meltdown 12.00 The Avengers
12.50 Marcus Brigstocke's
Trophy People 1.20 If It Ain't
Stiff 2.50 Music Hall Meltdown
4.20 Close

ITV2

1.00	Emmerdale	1.30	The	
Jeremy Kyle Show	2.35	Ricki		
Lake	3.20	The Jeremy Kyle		
Show	4.25	Sally Jessy Raphael		
5.15	Airline USA	5.45	Judge	
Judy	7.00	Smallville	8.00	Airline
8.30	American	Idol	9.30	
American Idol	10.30	Katie &		

Sky One
1.00 Bones 2.00 Cold Case
3.00 Las Vegas 4.00 Stargate
SG-1 5.00 Stargate SG-1 6.00
Stargate Atlantis 7.00 The
Simpsons 7.30 The Simpsons

8.00 The Simpsons 8.30 Crash
Test Dummies 9.00 Film:
Philadelphia 12 (1993) 11.25
Law & Order 12.25 Stargate
Atlantis 1.25 Star Trek: Voyager
2.15 Las Vegas 3.05 DNA
Trickster 3.55 So You Think
You're Safe? 4.45 Footballers'
Pads 5.10 Malo Korrigan 5.35
Malo Korrigan

UKTV Gold
 1.05 The Thin Blue Line 1.50
 One Foot in the Grave 2.35 One
 Foot in the Grave 3.15 The
 Vicar of Dibley 4.00 Only Fools
 and Horses 5.00 Dallas 6.00
 Charlie's Angels 7.00 Film:
 Carry On Matron PG (1972)
 9.00 Fawley Towers 9.45 One
 Foot in the Grave 10.25
 Euromillions 10.35 Film: Virus
 18 (1999) 12.35 Fawley Towers
 1.15 Fawley Towers 1.55 Room
 101 2.25 Have I Got 2002 for
 You 2.55 The Bill 3.45 Casualty
 4.35 The House of Eliott 5.25
 Close Up 5.35 Neighbours

1.15 I Am a Fugitive from a Chain Gang (1932) 3.00 Gone with the Wind PG (1939) 6.55 The Year of Living Dangerously PG (1982) 9.00 Unforgiven 15 (1992) 11.25 El Mariachi 15 (1992) 1.00 The Hunger 18 (1983) 2.40 Teleshopping 3.00 Task Force U (1994)

The Disney Channel
 Kids' programmes from 7am, except: 6.00 Film: Recession: School's Out U (2001) Animated antics, with the voice of Jason Davis. 9.40 Film: Recession: School's Out U (2001) Animated antics, with the voice of Jason Davis

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Los Ricos Tambien
Lloran 1530 Marco Paulo -
40 Anos de Amor Eterno
1715 Lingo 1800 Portugal
em Directo 1915 O Preço
Certo 1955 Direito de
Antena 2000 News 2330 The
Shining, film 0230 Foyle's
War: Fifty Ships

RTP2
0700 EuroNews 0715 Ziga
zag 1400 Sociedade Civil
1530 O Lugar da História
1600 Entre Nós 1630
Euronews 1700 Lendas
Vivas de Além Mar 1730
Discovery Hour 1830 A Fé
dos Homens 1900 Haja
Saúde 1945 Ziga Zag 2045
Yes Dear 2115 Discovery

Hour 2200 News 0015 Film
TBA
SIC
0645 Sic Kids 0830 Floribella
1000 Fátima 1300 News
1400 O Profeta 1445 Laços
de Família 1530 Contacto
1715 Floribella 1900 Sinhá
Moça 2000 News 2145
Floribella 2215 Cobras &
Lagartos 2315 Jura 0015
Film TBA

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News
14000 Inspector max 1500
Anjo Selvagem 1600 Quem
Quer Ganha 1800 Morangos
com Açúcar 2000 News
2115 Euro Milhões 2130
Morangos com Açúcar 2215
Tempo de Viver 2330 Fala-
me de Amot 0130 Film TRA

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PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 5 May 2007

PROPERTY OF THE WEEK

Rural romance in São Brás



Set in peaceful countryside in an area known as Mesquita, just five minute's drive from the Western Algarve's bustling town of São Brás, is this week's Property of the Week - a spacious, three-bedroom country cottage renovated to modern-day standards, whilst still retaining many original features.

Characteristically thick walls, high, sloping ceilings, and an original bread oven authenticate the cottage's traditional origins.

Uncharacteristically, it has two floors as opposed to being single-story, the upper level being a more recent addition to the existing structure to make the most of the space created by the high ceilings.

A country lane leads to the property's electric gates, which open onto a large, offset gravelled area that allows private parking for a minimum of four vehicles.

The entire 3,764 plot is enclosed with fencing for maximum privacy.

Located to the left side of the

property is the main entrance, which leads directly into a hall and the open living area, complete with a wood burning fire that distributes heat throughout a number of rooms. Set back from the living room, up a few steps, is another spacious, raised area that lends itself perfectly as a second seating or reading area.

Through an arch from the living area we enter the large, open-plan dining area and kitchen.

An original stone and brick-surrounded bread-oven is a charming feature that highlights the kitchen, which is fully equipped and boasts a double-size cooker, brick-built cupboards with

wooden fronts, and a separate pantry and laundry room.

Fronting the dining area is a set of patio doors that open onto the south-facing pergola-covered terrace and pool area. Off the back of the dining area is a separate bathroom, complete with shower, as well as a small room that could become a fourth, single bedroom, though is perhaps more suited as a home office, study, or an extra TV room.

From the living room's raised area we climb a wooden staircase to the cottage's first floor, which has beautiful wooden flooring throughout.

A good-size landing opens on to three, very spacious double bedrooms, each of which has generous fitted wardrobes and sloped ceilings as well as air-conditioning units that warm, cool, and de-humidify.

The three bedrooms share an unusually big bathroom, which is complete with a double-size corner-fitted Jacuzzi bathtub.

It is beautifully decorated with gleaming white tiles and decorative Algarvean-blue finishings.

Outside the extensive grounds has been left natural, though well kept, and comprise a wealth of indigenous flora, amongst which are pear, fig, olive and citrus trees.

An age-old threshing-floor, once used for crushing or drying fruits and vegetables, makes for an historical point of interest, and, if re-paved, would create a beautiful, additional outdoor seating area.

Beneath the pergola-covered terrace, a shaded al-fresco dining space is created, aided by an in-built barbeque.

Down a few steps from here is the good-size pool, which is heated.

The area immediately surrounding the pool has been lawned so sun-lovers can lay their towels around the pool and stretch out in comfort.

There is garden lighting, and a



A spacious, three-bedroom country cottage renovated to comfortable, modern-day standards.

pool-shower.

Throughout the property the windows are double-glazed and have mosquito screens, the ground-floor floors are tiled with authentic, sealed Santa Catarina tiles, representative of the region. Telephone, satellite TV, and ADSL are all connected.

For sale fully furnished, the property is priced at €430,000, negotiable.

For more information, contact Elly Van Hulst Real Estate on: (+351) 289 842 992, fax: 289 842 986, or e-mail: ellyvanhulst@mail.telepac.pt.

Alternatively, see website: www.property-runner.com.



The spacious living area.



Lawns, flower beds, and a barbeque complete the outdoor area.



The dining area and kitchen.



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Vilamoura

Situated in a quiet area, villa composed of 4 bedrooms, 2 bathrooms, lounge and dining area with fireplace, kitchen, 2 storages and terraces. Basement and carport. Swimming pool and garden. Plot area: 740 sqm. Constr. area: Approx. 120 sqm. Ref: V12485 Price: € 775.000



Vilamoura

Beautiful semi detached villa, completely renovated, composed of 2 bedrooms, 2 bathrooms, lounge, kitchen, storage and terraces. Roof terrace and barbecue. Communal swimming pool and garden. Partly furnished and equipped. Ref: V12481 Price: € 245.000



Vilamoura

Apartment situated near all facilities, composed of 2 bedrooms, 2 bathrooms, lounge and dining area, equipped kitchen and 2 terraces. Furnished. Communal swimming pool and garden area. Construction area: 90 square metres. Ref: A1177 Price: € 190.000



Açoteias

Spacious apartment composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, equipped kitchen, storage and terraces. One bedroom apartment in annexe w/ a terrace w/ 70sqm. Furnished. Communal pools & garden area. Construction area: 132 sqm. Ref: A1174 Price: € 480.000



Vale Formoso

Plot of land very well located, with viability for the construction of one detached villa or two semi detached villas. Sea view. Plot area of 989 square metres. Construction area of Max 450 square metres. Ref: L44806 Price: € 250.000



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If you want to see more detailed information about these - and other - properties, please visit our website:

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VILAMOURA: EN125, Boliqueime "Opposite Barclays Bk" Tel: 289 301 294



Moncarapacho

Tastefully decorated modern villa w/ 4 large bedrooms, 3 bathrooms. Beautiful and mature gardens w/ swimming pool. Property is located in a sought-after residential area, marvelous views. Constr. approx. 250m2, plot 5000m2. Ref: LHV-930 Price: € 875.000



Tavira

Bright 2 bedroom / 2 bathroom townhouse on elevated position offering stunning views over Tavira and ocean. Communal pool and gardens. Loft can be converted into 3rd bedroom with bathroom. Ref: LHT-824 Price: € 267.000

WANTED

Good quality properties

If you are the owner of a good quality property and wish to sell,

please contact us to arrange an appointment.



Moncarapacho

Well-presented 3 bedroom villa w/ distant sea views, consisting of large living w/ separate dining area, fully equipped kitchen, 3 bedrooms, 2 bathrooms, large terrace, mature & landscaped garden. Approx. 898m2 plot, 186m2 covered area. Built 2003. Ref: LHV-910 Price: € 380.000



Cabanas de Tavira

Well presented 3 bedroom / 2 bathroom Townhouse with communal swimming pool close to all amenities and beach. Lovely location and in excellent condition. Very good price. Covered area approx. 112m2, built in 1997. Ref: LHT-798 Price: € 285.000



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www.abode-pt.com



Carvoeiro

Townhouse in quiet area, close to village centre & Centianes beach. Spacious 2 bedrooms w/ own balcony, 2 bathrooms, lounge/dining room, equipped kitchen, storage area, roof terrace. Space for 3rd bedroom. Covered carport. Communal swimming pool. Ref: A-207 Price: € 235.000



Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished. Ref: V-327 Price: € 299.000



Carvoeiro

Villa on a small plot, good location with easy access to the village. 3 bedrooms, 2 bathrooms, equipped kitchen, lounge, dining area, garage. Space for swimming pool with permission to build. Realistic price. Ref: V-345 Price: € 365.000



Carvoeiro

Spacious luxury villa close to the village centre. Excellent rental return. Easy to maintain, low running cost. Tastefully furnished. 3 bedrooms, 3 bathrooms, lounge/dining room, spacious kitchen, swimming pool. BBQ area. Ref: V-344 Price: € 405.000



Porches

Rustic villa in secluded location set in plot of 25,000m2. 4 bedrooms, 5 bathrooms, lounge/dining room, equipped kitchen, garage, swimming pool. Large variety of trees. Bore hole, cistern, 3 apart. 600ltr solar heated. Ref: V-330 Price: € 1,090.000



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Nafarros

Luxury Mansion with 1.000 sqm, 6.640 sqm of Land. Wonderful Location with Fabulous Views. 3 Living Rooms, 6 Suites. Caretaker's House. 5 Cars Garage. REF: STR0962



Catribana

Rustic House with 4 bedrooms and 3 Living Rooms. Lovely garden, located 5 minutes from Samarra Beach. REF: STR1335



Quinta da Beloura

Apartment with 3 Bedrooms, located in a luxury condominium in Quinta da Beloura. Next to golf courses such as Estoril, Oitavos, Quinta da Marinha, Penha Longa & others. REF: STR 1148



Banzão - Colares

New House with Living Room with 47 sqm. Excellent Areas and High Quality materials. Magnificent Solar Exposition. Located near the Beaches, 10 minutes from Sintra. REF: STR1233



Sintra

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Vale Judeu / Vilamoura

New 3/4 bedroom "Fully Furnished" townhouse with communal swimming pool, BBQ and private garage, located near Vale Judeu and 10 minutes drive to Vilamoura and its beaches.

Price: € 378,000 / £ 260,000



Loulé

Large 2 bedroom / 2 bathroom apartment in historic town of Loulé. Close to shops, restaurants, markets & local amenities. Offers lounge / dining area, fireplace, fitted kitchen. Underground parking & storage room. Price: € 158,000 / £ 108,000 (Based on Ex Rate 1.45)



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VILAMOURA "MILLENNIUM"
Ref. A61728

Located within prestigious Laguna/Millennium golf course, 2 bedroom luxurious apartment. Condominium w/ garden & sw.pool. Constr.area 150sqm. Living room w/ fireplace. Master bedroom w/ private balcony. Fully fitted kitchen. A/c. Under-ground parking for 2 cars.

Price: € 320.000



VILAMOURA "PINHAL"
Ref. V71739

3 bedroom charming villa directly facing Pinhal Golf Course. Plot: 849sqm plot. Constr.area: 230 sqm. Furnished & equipped. All en suite bedrooms. South facing garden w/ pool & BBQ. Quiet location, beautiful golf views. Walking distance of marina & beach. Garage for 2 cars.

Price: € 795.000



VILAMOURA - MARINA
Ref. A61586

Exclusive one bedroom (duplex) Apartment. Covered area 77 sq.m. In the heart of Marina Plaza. Fully furnished and equipped. A/C. Private parking. Fantastic letting potential.

Price: € 175.000



VILAMOURA - GOLF
Ref. V031036

Detached 4 bedroom villa at 470 sqm plot w/ a covered area of 200 sqm. Fully fitted kitchen. A/C. Lounge w/ open fire place. Mature garden w/ pool & BBQ. 15 mins walking to the Marina. Quiet area near the Old Village.

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other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, store-room etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an irrigation system covering most of the grounds.

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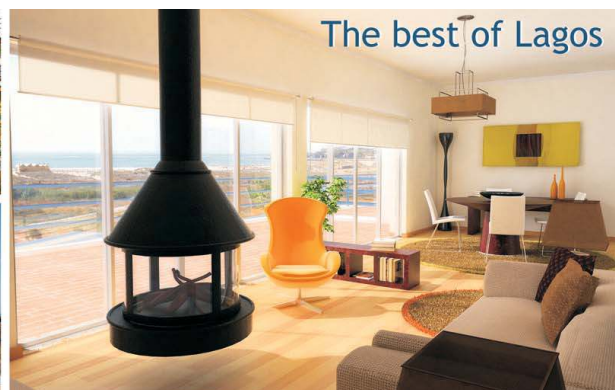
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Price: € 1.440.000



Moncarapacho

- Villa in nice location
- Views to the ocean
- 3 bedrooms, 2 bathrooms
- Large garage
- Villa 170 m2, plot 5360 m2
- Garden & many fruit trees

Ref: V794
Price: € 375.000



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Vale Formoso

Fabulous four bedroom villa with magnificent sea views, w/ 4 bathrooms, cloakroom, living room w/ fireplace, further sitting room, dining room, fitted kitchen, tastefully furnished, alarm, A/C, pool, garage, extensive garden. Built area: 580m2

Ref. VF1 Price: £ 1.300.000



Albufeira

Countryside farm house w/ 5 bedrooms, 4 baths, sauna, living/dining w/ fireplace, BBQ, open plan kitchen, central heating, wine cellar, wooden oven, alarm system, landscaped garden, 12x6m pool, Jacuzzi, Stunning mountain and sea views. Plot: 13.700m2

Ref. PA1 Price: € 990.000



Carvoeiro

3 bedroom luxury villa at Clube Atlântico w/ 3 bathrooms en suite, cloakroom, living room w/ fireplace, dining room, TV room w/ fireplace, fully furnished, equipped kitchen, laundry, A/C, heated pool, BBQ in roof terrace, store rooms, garage, landscaped garden. Plot: 1380m2

Ref. CARV19 Price: € 1.250.000



Salinas Country Club

2 Bedroom terraced villa located in a quiet area of Quinta do Lago, with entrance hall, 2 en suite bathrooms, cloakroom, fitted kitchen, living/dining room, tastefully furnished, A/C. Small landscaped garden, roof terrace w/ partial views of the Ria Formosa.

Ref. SCC4 Price: € 515.000



Salinas Country Club

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Fuzeta

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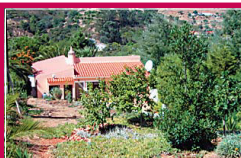
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Monte Judeu, Algarve

Excellent family home next to Penina Golf Course. 3 bedrooms, office, 2 bathrooms, large living/dining room, lounge, pool, (partly) central heating, double glazing, bore hole, landscaped mature gardens, garage.
SIZES: 5,000 m² and 192,29 m².
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Townhouses Albufeira, Algarve

Excellent 3 bedroom townhouses in closed condominium of highest standards. Swimming pools, putting green, children play ground, fully equipped kitchens and many other extras.
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Loulé, Algarve

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ALCANTARILHA
House still under construction, which allows choice of finishing, in a calm zone of Alcantarilha. Excellent option as holiday investment or as permanent residence. **PRICE: €325,000.**

ALBUFEIRA
T2 with 2 bathr., 114 m², pool, garden, pool bar. Best area of Albufeira for rentability, 5 min. walk to the strip and the beach. Close to all amenities. Excellent opportunity. **PRICE: €194,000.**

BOLIQUEIME
Luxury house - 5 suites, 7 bathr., ample leisure areas. Prestige finishings, sea & mountain views. Land: 2,300m². Fully air-con., c/heating with soil radiating, pool. **PRICE: €1,500,000.**

ALBUFEIRA
Well situate 2 bedroom villa in a central, but calm zone. Excellent opportunity with the furniture. Excellent for investment or as permanent residence. **PRICE: €215,000.**

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VILAMOURA. 1 bedroom apartment totally furnished with equipped kitchen, air-con, wooden floors. 44m² terrace with direct access to condominium garden and pool. Garage and storage-room. Facing the Millennium golf course. **€178,500.**
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VILAMOURA. 2 bedroom apartment 1 en-suite, 2 bathrooms, totally furnished and kitchen fully equipped. Private 30m garden with direct access to condominium garden and pools. Garage for 1 car. Very quiet area with the Millennium golf on your back yard. South-facing. Feels like you're in a villa. **€225,000.**



VILAMOURA. Large det. 5 bedr. villa on 2,370m² plot. 3 en-suite: 1 master-bedr., 3 lounges + dining. Fully fitted kitchen, Miele & Siemens appliances. Utilityr., spacious TV lounge with f/place (could be extra bedr.) Air-con/heat units. Garage. Walking distance to the marina & golf courses. Enjoy the summer house, pool, tennis court. Unique property. **€1,500,000.**



GUELHIM. Rustic 4 bedroom villa recently renovated. Spacious living room with fireplace and air-con. 2,250m² plot. Sea and country views. Pool, garden and garage for 2 cars. Good access. Live in the country only 10 minutes from the city. Between Sta. Bárbara de Nexe and Estoi. **€450,000.**

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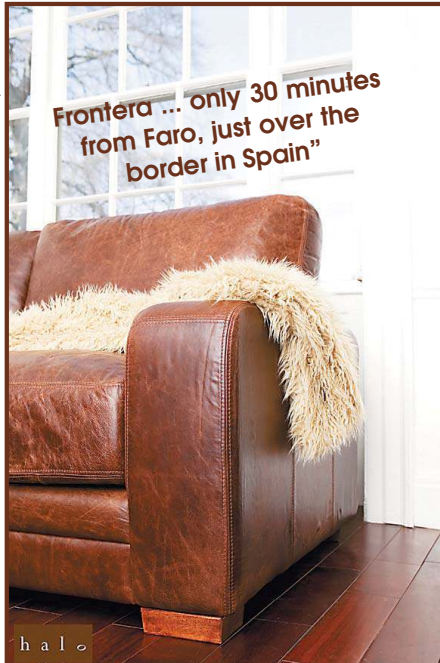


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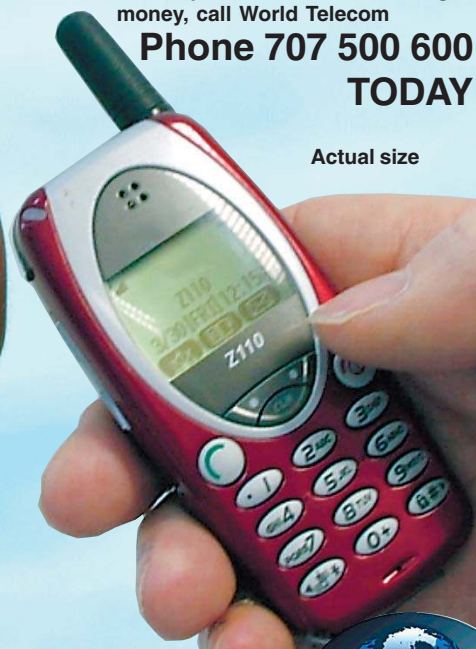
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Give your lawn a health check



If you've been frantically raking, weeding and feeding your lawn this spring but it still has more lumps, bumps and bald patches in it than the velvet green carpet of grass you long for, it's time to give it a health check.

A healthy lawn helps encourage wildlife into the garden and grass is highly efficient at converting carbon dioxide to oxygen, something we're all becoming more aware of as CO2 emissions are the topics of the moment. You may feel your lawn is beyond repair if it's weed and moss-ridden or full of bald

patches. If two-thirds of the area is moss and weeds you may be better off starting again, turfing or seeding a new lawn.

But if you do decide that it's worth saving, first cut it keeping the blades set quite high. If your grass is already long, give it a few cuts over a number of weeks, lowering the blades a lit-

tle at a time, so that you cut the grass length down gradually.

Feed the grass with lawn fertiliser available at most garden centres. This can be done by hand, applying approximately two grams per square metre, and water it in.

All lawns need good drainage and oxygenation, so scarify it

with a springtime rake to remove thatch - dead grass that mats beneath growing grass - and moss. If you have loads of moss it's worthwhile applying a moss killer before you scarify and wait a few days before raking it up.

Next, you need to improve badly draining soil by aerating the lawn, driving a garden fork into the ground all over the lawn when it is moist, making holes to a depth of 10-15cm. I once bought a pair of lawn aerating shoes, but they kept falling off so I went back to the old faithful fork.

The holes you make allow air and water to get into the grass roots and should then be filled with a mixture of sharp sand and organic soil conditioner to stop the holes from closing up.

Some lawn dressings incorporate a slow release fertiliser but if this isn't the case, add a little amount of general lawn fertiliser (not containing weed or moss killer) before applying it. Make sure you brush it evenly over the area or it will become patchy when the fertiliser kicks in.

A few weeks later, if your lawn is still patchy, oversow it lightly with a quality lawn seed. By summer, you should be mowing weekly, stepping up to twice a week when necessary, but don't mow the grass shorter than 2.5cm high and keep on top of weeds in the lawn. Annual weeds, which emerge in any bare patches will be removed by mowing.

Hannah Stephenson

Three ways to... perk up your front door

1. Pick out some pots, which match the colour of your front door and fill them with a contrasting single colour plant to create an eye-catching display at the entrance.
2. If you don't have a porch, create one with standard plants, which act as pillars, or with half barrels filled with summer bedding either side of the door and suspended hanging baskets above them.
3. For a more formal entrance, invest in a pair of conifers or lollipop bays in matching planters to give an all-year-round effect.

Best of the bunch

Tulip

Tulips are the majestic queens of spring in colours from white, red and yellow to peach and deep burgundy.

My personal favourite is Tulipa 'Queen of Night', whose almost deep purple, almost black flowers contrast effectively with the acid green foliage.

Good cut flower varieties include T. 'Christmas Dream', which is a light raspberry colour, while if you want pillar box red, go for the robust 'Red Riding Hood', whose leaves are broad and streaked with maroon marbled markings. You can also buy dwarf varieties for the rockery such as 'Dream Boat', whose orange flowers are tinted with red.

Tulips like well-drained soil in full sun. Bulbs should be planted in November at a depth of around 15cm. Some varieties can be left in the ground after flowering, but check on the label because others will need to be lifted and stored until late autumn, although we find that few survive the hot Portuguese climate.



Preparing to plant container grown plants, shrubs and trees

Before the weather becomes too hot and the ground too hard it is still OK to plant shrubs and trees if they have been grown in pots or containers, but do remember immediately before planting to soak them in a container of water if possible, or failing this give them water until it flows freely from the bottom of the pot, thus indicating that the soil is

saturated. Dig a hole in the chosen site a little larger than the receptacle in which the plant has grown and fill this with water, and if necessary loosen all the soil around the inside if it does not disperse easily. Add some well rotted manure in the base of the hole and mix with some good soil. Remove the plant carefully from the container having decided the correct position in which you

would like it to face. Try not to damage the root ball in doing this and then fill in around the plant with a mixture of old and new soil and firm in. It is always a good idea to dig a shallow trough round the plant for future watering so that the water goes directly to the roots and does not spread all over the surrounding area.

Madge and John Measures

The Portugal News eNewspaper



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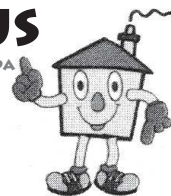
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Earn your stripes

There's nothing like deckchair-style decor and candy coloured stripes to get you in the mood for summer. "Stripes are a great way to add drama and fun to your home," says Libby Norman, author of new book *Decorate Your Home With Colour*.

"Wide vertical stripes add a classic seaside flavour, whereas narrower ones create a more restrained and period elegance. They are best in moderation, either used on one or two walls or restricted to curtains and soft furnishings."

From two-tone combinations to a rainbow of bold barcode stripes, there's a variety of patterns out there to cause a stir, whether you're furnishing your bedroom, bathroom or back yard!

Lose the minimal look and earn your stripes on the style front.

Spruce up with stripes

Ease yourself into stripy fever with a few choice accessories. Stripes are a great way to introduce some colour into your home for summer, so choose bright shades or pretty pastels for a softer look.

Outdoor delights

The great outdoors is the perfect spot to showcase stripes in the summer months. Look to cool sea-inspired blues or canary yellows and postbox reds for your outdoor striped delight.

Outdoor furniture looks fabulous in bold stripes at this time of year. Give your garden a makeover for the sunshine months with stripy trinkets to add a summery look to outdoor

spaces or conservatories.

Softly softly stripy look

You don't have to shell out on striped accessories to achieve the look. Invest in a few pots of paint and work the striped look on your walls. One feature wall can transform a room and you don't have to be a DIY expert to achieve the look. "A simple colour graduation effect is easy to do," says Libby. "Adding stripes in toning shades is a good way to pick out a small wall area." Its impact relies on using different tones of the same colour and is a more subtle way of introducing stripes to your room. "Pick your shades from the same colour card to guarantee good results and remember to allow plenty of drying time between coats," Libby advises.

Decorating tip: It is far easier to get a clean and accurate finish if you work down the wall, applying darker stripes over the top of paler colours. Remember you can always touch up wobbly edges later with a small paintbrush or pad.

Multicoloured masterpiece

If you want to really create a lasting impression with lines in your home, go all out with multicoloured stripes for instant impact.

Libby reveals how to achieve the look: "Multicoloured stripes are created by painting a white panel onto a bold wall and then infilling with colours that co-ordinate with the rug and seats."

"It is a dramatic effect that is actually very easy to create. Use acrylic paint to create a more intense colour." *Lisa Haynes*

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Compared to its American counter-parts, Hydro Concept's New Zealand spas are significantly more cost-efficient to run. This is mainly due to the intelligent positioning of the water jets, which are situated at key points to offer an incredible massage where it matters, at the same time reducing energy expenditure and running costs. All the spas have beautiful cedar casings with access panels for servicing.

It is recommended that, to prevent the casings from aging, the wood should be sanded and stained once a year.

Multi-coloured, energy-saving LED lights are fitted within the spa to create and stimulate moods, and all spas are available in three different colours, blue, black and green, in two different finishes, Marble or Quarite.

There are six models comprising the Hydro Concept Spa range, varying from a four to a seven-person tub. Any home can have a spa, all that is required is a flat, hard-standing concrete or paved area, a designated 16 or 20 amp electrical supply with an isolator, and a hosepipe.

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Hydro Concept Spas are a recent arrival on the Portuguese market, after years of successful business in the UK. They are one of only a few companies on the Iberian Peninsula to specialise in New Zealand spas.

For more information, contact Hydro Concept Spas on: (+44) 116251 6226, mobile: (+44) 0796 772 8381, or e-mail: hcsapas@hotmail.co.uk / info@hcsapas.co.uk.

Alternatively, see Hydro Concept's spas next weekend at the International Algarve Fayre, on May 12th and 13th, in the Lagoa Fatacil grounds.

Five years of fun with F.J. North Games



F.J. North has been solidly established in the Algarve for 25 years, the last four of which, it has been managed and owned by Steve and Suzi. F.J. North has reached a new phase of popularity, something the couple attribute to providing great value, great service and a great deal of hard work.

Despite not being at the Algarve International Fayre this year, as they have for the past four years, F.J. North would like to celebrate the occasion with a **20% discount** on all their games room equipment (for all orders placed and deposited until the end of May 2007).

This means a significant saving on each and every pool, snooker and ping pong table, and their new and increasingly popular refurbished arcade machines; a fashionable introduction to the company's portfolio.

After exploding onto the entertainment scene in the late 70's and early 80's, retro arcade machines have made a resounding comeback.

F.J. North minimise the cost of these machines by refurbishing its massive stock of pre-owned cabinets and installing PC based software packed with over 70 retro games, including PAC-MAN, Donkey Kong, Frogger, Asteroids, Space Invaders, Galaxian, Galaga... the list goes on. Brand

new machines sell for around €2,250, but these refurbished machines are competitively

Quatro Estradas roundabout. Personalised viewings of all games' equipment can be made by appointment with Suzi.

So if you are looking for a new or pre-owned pool table, snooker table, ping pong table (indoor or outdoor), pinball machine, air hockey table or football table, with the offer of a 20% discount there has never a better time to call.

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Another recent expansion is their new and bigger warehouse on the EN125, between the Vilamoura traffic lights and the

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The company also provide an in-house reupholstering service, which can transform tired furniture into something as good as the day it was made.

Reupholstering breathes new life into old furniture by refreshing and reinvigorating it, meaning you need not discard old sofas, suites or your favourite armchair. If it is unusual, different fabrics you are looking for, consult Angela Marshall's first and see what beautiful textiles their range comprises. Boasting an extensive range of fabrics to suit all bud-

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Lori Coca, who also has considerable design experience af-



Lori (left) and Angela.



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Alternatively, call mobiles: 969 380 917 (Angela) or 916 130 236 (Lori), or visit the Angela Marshall stand at next weekend's International Algarve Fayre at the FATACIL grounds in Lagoa, on the 12th and 13th May, stand 39.

Harveys of Loulé, perfecting your property



After seven years of creating beautiful gardens throughout the Algarve, landscaping specialists Harveys of Loulé have now expanded their services to include property management, applying past experience to steer the company into a promising new era.

General property maintenance, renovations and interior design are catered for with effortless expertise, concentrating on a select number of villas throughout the Eastern Algarve region.

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Harveys of Loulé was established in October 2000 by John Harvey, an ex-lawyer and talented garden and landscaping expert with over 16 years sound experience to his name.

Wife Debbie, who worked for, and ran, interior design and decorating businesses in their homeland Zimbabwe, now joins John in their customer-dedicated business.

Aimed at both residential and rental properties, Harveys of Loulé's property maintenance further includes domestic cleaning and laundry services, as well as additional extras such as golf bookings, car hire bookings, shopping, and general administrative work.

The multi-faceted business is currently enjoying healthy demand and a number of new landscaping projects are taking shape around the Loulé district.

Harveys of Loulé is particularly mindful of the environment and, for this purpose, has used

'biological' swimming pools and indigenous rocks and plants and natural materials to create unique water-conserving landscapes.

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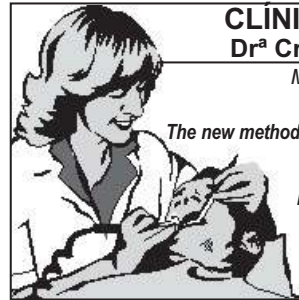


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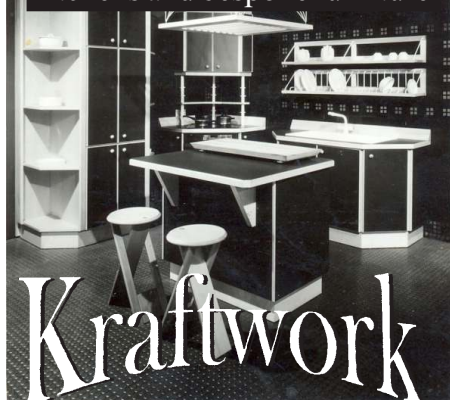
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from Church in Lagos) Call Stefan Saunders
(Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in
Lagos invites you to attend its services in
English on Sundays at 11.00am. Sunday
School for children. Urbanização Vila Praia da
Dona Ana, Lote 11 B, 8600 Lagos (50 metres
from the Hotel Golfinho). Tel. 282-086804 or
282-697546

**INTERNATIONAL EVANGELICAL CHURCH
OF THE ALGARVE**

Warmly welcomes residents & visitors of all
nationalities and denominations to their Sun-
day Services in Vale Judeu at 10.30. See our
blue sign on the N125 between the Vilamoura
entrance & the Alântico Waterside Park. Ser-
vices in English, creche and Sunday School.

For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An Inter-
national English speaking church. Contem-
porary worship and Christ-centred study of the
Bible. "God Squad" for kids, toddler thru pre-
teen. Service every Sunday 11am to 12.30pm.
Portuguese translation available. New address:
EN125 - Vale de Louzas, Alcantarilha. Next to
Auto-Heat, SACL & Centro de Lareiras. Pastor
Alípio Amaral Tel 968 801 237. Visit our website
at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in
English, Sundays at 10.30 am at 126 Rua
Almirante Cândido Reis. Full programme and
further details from Jackie 281 322 857, Geoff
969 100 121 or Maria 966380404. E-mail:
jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINHA
R.C. Mass in English every Saturday 6pm, St.
Andrews Church, Peninha. For further informa-
tion, please contact Padre Manuel 282 459151
SALVATION ARMY Service Sundays at
10.45am in Portuguese. Bible studies for chil-
dren, adolescents and adults in Portuguese
starting at 9.30 until 10.30. Rua 25 de Abril, nr.
19, São Bras de Alportel

EREV SHABAT - For services Tel: 282
416710

Oporto

GREATER GRACE World Outreach has LIVE
(and archived) internet church services for
free viewing through their website,
www.ggo.org; contemporary and inspiring
worship, uplifting music and outstanding bib-
le teaching. Their ministry centres in Portu-
gal can also be found under the "Missions"
link - Check it out and be blessed!

**RIVERSIDE PORTO INTERNATIONAL
CHURCH - Oporto**. A church that is fun and
enriching; Bible based and relevant. Caring,
supportive and international. Interdenomina-
tional meetings from 6pm Sundays at 1642
Avenida Sacadura Cabral, Aguda, VNG, be-
tween Aguda railway station and Miramar
golf course. Call Tina or Bill Mason on 227
627 643 or 914 949 611 for more details.
contact@riversideporto.com web site
www.riversideporto.com

**ST. JAMES'S CHURCH, ANGLICAN CHAP-
LAINCY OF OPORTO**
Largo da Maternidade, Júlio Dinis, Sun. 11am
Details from Chaplain (22) 609 1006.
www.stjamesoportoo.org

**CALDAS DA RAINHA ANGLICAN EVENING
WORSHIP IN ENGLISH.** At 6:00pm on the first
Sunday of each month. Held in the Evangelical
Baptist Church, Rua Dr. José Soudade e Silva
27/29 (between Caldas da Rainha Railway
Station and "Pingo Doce". All welcome.

Tag, you're it!

Tag is an informal play-ground game that usually in-
volves one or more players at-
tempting to "tag" other players
by touching them with their
hands. The origins of the game
can be traced back to ancient
Egypt or perhaps even earlier.
It is a simple game played all
over the world in one form or
another. It is sometimes called
**it, had, he, tips, tig, chasing,
chasey, tiggy** and other names.
Tag is inherently simple, and
most forms of it do not require
dividing into teams or keeping
score. No equipment is needed
for this popular children's
game. I have fond memories of
my siblings, neighbors and I
playing it in our front yard on
cool autumn evenings.

The rules are both simple
and flexible. At the beginning of
the game, one player is desig-
nated "it." After "it" is chosen,
the other players scatter. "It"
must chase them down and tag
them, usually by tapping them
somewhere on the body. A
tagged player becomes "it," and
the former "it" joins the others
in trying to avoid being tagged.
This process repeats until the
game ends.

In a typical game of tag, no
score is kept, nor is a winner
selected. Those who can avoid
being tagged or who can stay
"it" for the least amount of time
are generally regarded as the
best players. There is usually
no time limit; the end of the
game is chosen arbitrarily, per-
haps when the players tire of
the game, when recess ends, or
when players get called home
for dinner.

This children's game has a
spiritual lesson for us and we
find reference to it in
Philippians 3:12 - 14. Christ
pursues us and "tags" us. He
grabs us and says, "Come get
me!" Yet, spiritually speaking,
instead of playing tag and run-
ning after the one who tagged us,
we switch games mid-stream.
Instead of pursuing Christ, we
play freeze tag. Perhaps you
are also familiar with this vari-
ant of the normal tag game.

In "Freeze Tag," once a
player is tagged, he does not
become "it." Instead, he is "fro-
zen" and must stand in place

without moving while "it" con-
tinues to tag and "freeze" the
other players. The last player
to be tagged is the winner.

*"I'm not saying that I have this
all together, that I have it made.
But I am well on my way, reach-
ing out for Christ, who has so
wondrously reached out for me.
Friends, don't get me wrong: By
no means do I count myself an
expert in all of this, but I've got
my eye on the goal, where God
is beckoning us onward—to Je-
sus. I'm off and running, and
I'm not turning back."*
Philippians 3:12-14 ("The
Message")

God's plan for us is not that
we remain frozen by fear or ap-
athy after He grabs ahold of us.
He wants us to continue strain-
ing and reaching to attain the
goal, the prize. Christ pursues
us and wants us to spend a life-
time pursuing Him, getting to
know Him, and becoming like
Him.

Are you playing Tag or
Freeze Tag in your spiritual life?
May I share the words to a song
with you again this week? These
words often challenge me as I
sing them and make them my
own personal prayer to God for
my own life and for others.

Give me one pure and holy
passion
Give me one magnificent
obsession
Give me one glorious ambition
for my life
To know and follow hard after
You

To know and follow hard after
you
To grow as your disciple in your
truth
This world is empty, pale, and
poor
Compared to knowing you, my
Lord
Lead me on and I will run after
you
Lead me on and I will run after
you
(Song by Mark Altrogge)

More information about how
to have a relationship with God
can be found at [www.rbc.org/](http://www.rbc.org/personal_relationship)
[personal_relationship](http://www.rbc.org/personal_relationship)
with god page or email
joycevoelker@hotmail.com.

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Re: article on cheap Argentine cosmetic surgery

SIR, I recently noted an article on "Cheap Argentine cosmetic surgery". The article mentions a "top tour operator" featuring a "two week holiday package".

Before anyone bounces into this there are some things people should know, and your writer should have mentioned them.

First: there are copious message boards on this subject, and some of the stories are not good. They mostly decry the tourism packages as being utter rip-offs. Any prospective user of these services should thoroughly trawl these message boards before plunging in. Names are mentioned; beware.

Second: there is a non-profit-making organisation that seeks to help those seeking cosmetic treatment. I suggest anyone looks at the warnings page first and foremost. The URL is: <http://www.aestheticargentina.org/warning.php>. It is very enlightening, and shows quite clearly that anyone who takes the tourism route is being unrealistic and silly. Here are just a couple of quotes:

"Any use of words like: Tourism, Holiday, Vacation, Package, Flatrate, Adventure, Cheap, Lowest Price, Deal, etc. Such words provide not so subtle clues about how the company regards your health and the seriousness of having a Medical procedure. Please consider this point carefully.

Choosing a doctor or medical procedure is not (and should not be) like going to a supermarket or cafeteria. The notion that anyone would provide a "price" for any procedure that can be applied to

any patient, without first having been individually reviewed by a professional, is outrageous. Every patient's circumstances are completely unique. As such, every patient's treatment plan must be equally so."

I suggest a serious reprimand to the writer of your article for the cavalier attitude taken, and obviously lack of research. It sounds more like an advertisement than a serious article.

JOHN CLARE, Lagos

A quirk of the English language

SIR, There are many words in the English language that can be pronounced in one or more different ways but seen in isolation there is no way to tell which. And yet I doubt if anyone whose first language is English would hesitate for long over any of the following unlikely statements. Why is that and how do we do it?

1) The bandage was wound around the wound.

2) The farm was used to produce fresh produce.

3) The dump was so full that it had to refuse more refuse.

4) We must polish the Polish furniture.

5) He could lead if he would get the lead out.

6) The soldier decided to desert his dessert in the desert.

7) Since there is no time like the present, he thought it was time to present the present.

8) A bass was painted on the head of the bass drum.

9) When shot at, the dove dove into the bushes.

10) I did not object to the object.

11) The insurance was invalid for the invalid.

12) There was a row among the oarsmen about how to row.

13) They were too close to the door to close it.

14) The buck does funny things when the does are present.

15) A seamstress and a sewer fell into a large sewer pipe.

16) To help with planting, the farmer taught his sow to sow.

17) The wind was too strong to wind the sail.

18) After a number of injections my jaw got number.

19) Upon seeing the tear in the painting I shed a tear.

20) I had to subject the subject to a series of tests.

21) How can I intimate this to my most intimate friend?

RON LAVERY, By e-mail

Socrates 'honoured'

SIR, as a UK citizen, currently a guest in Portugal, I was surprised to read that Jose Socrates, Portugal's Prime Minister was reported (page 3, Portugal News, 28 April 2007) to have said that he feels 'honoured' when he has been described as "The Portuguese Tony Blair"?

Jose Socrates, Portugal's Prime Minister has his own image, he should be a man of Portugal, a man of his country, a man of his people, who will be better served to disassociate himself entirely from any suggestion of likeness to 'The UK's Prime Minister, Tony Blair, unless of course Portugal's Prime Minister wishes to carry the tainted, tarnished image of I what believe Tony Blair to be, the UK's worst Prime Minister in modern history.

This UK Prime Minister, who even as I write this email, is busy betraying yet another trust, betraying yet another 'Blair promise', not just another of his ordinary everyday betrayal's, as with The Health Service, Education, Armed Services, Pensions etc. on and on!

No, this is yet another constitutional betrayal by the UK's worst ever asset stripper, the 'promised' referendum to UK voters on the proposed 'new' EU super state 'constitution'. Even now while UK citizens are thankfully counting down to his political demise, Tony Blair is busy betraying those same UK citizens in talks in Poland and Germany.

Jose Socrates would better serve his people, his country and himself, by engineering a different image!

C. J. WILSON, By e-mail

Manta Rota beachfront

SIR, The decision to 'concretise' (Manta Rota beachfront) is only surpassed by the arrogance of those in authority in assuming that visitors want that which is now to be offered. Livelihoods of the restaurateurs and snack-bar owners have been sacrificed on the altar of assumed but dubious progress.

If these owners were causing needless pollution then help and monies should have been made available to rectify the problem, a far less expensive solution to the project in hand now. Have they been helped to rebuild their lives and that of their families and staff or just left to get on with it?

Were the decision makers actively concerned about conservation/pollution or was compliance and appeasement to E.U. demands more important in obtaining future funding? The god of E.U. funding and blue-flagging is sinister and invasive, displacing people for a presumed benefit that is far from the remit of recreational visitors.

Every beachfront does not have to look the same with brown-fenced channelled walkways herding us along the preferred route. We're told it is for our 'benefit', but what is the real benefit? Treading environmentally abusive concrete to assuage our thirst and hunger?

Of course the public will not

vote with their feet and boycott the new 'delights', that is what part of the decision is predicated on, the knowledge of 'meek acceptance of what is presented, a 'fait accompli', the hidden agenda of sameness lost in the aura of 'this is what has been done for you, you've got it, you'd better like it.

Manta Rota had a beauty before, the beauty of being different, of being itself, of being unpretentious. Now it will be cloaked in a concrete plaza of indifference.

DAVID GILL, Sta. Catarina da Fonte de Bispo

Security alarm scams

SIR, I have worked for some of Europe's largest security companies, and recently returned from undertaking security projects in Iraq.

When I first visited the Algarve in 1975 burglary, serious crime and drugs were a rarity. You left your doors open, and walked the streets in safety at any hour of the day or night. To see a alarm bell on a villa was again very rare.

Forward wind to 2007 and what have we got? Shootings, rapes, muggings, and an abundance of burglaries, many of them involving violence, a couple of them even murder.

I would be the first to agree that Portugal in comparison to the rest of Europe has less serious types of crime. As for burglary, I am not so sure. What I do know is that as we drive around the Algarve the number of properties with alarm systems fitted runs into many, many thousands.

What concerns me is how many of these systems are just a worthless heap of expensive rubbish. The time was when you fitted a alarm system comfortable in the knowledge that the burglar, when he saw the bell would rob your neighbour, have long gone.

The type of criminal that we deal with now is an entirely different kettle of fish, many of them come from extremely violent backgrounds and do not put the same value on life as you or I. Which brings me to the point of this letter and why I see most alarm systems that are foisted on the public as virtually fraudulent.

Lets look at a couple of the systems that are on the market and being sold in a big way.

First, the so called security system which often consists of just a placard stuck on the front of the property, stating that a security system has been installed. No external bell exists with this system. Incidentally, when an external bell is activated it's probably the biggest deterrent to a thief.

By not installing one the company selling the system saves the expense of the most costly piece of an alarm installation. Not only that, you will have no option but to be connected to their monitoring station, which in most cases is

not staffed with anyone who speaks your language.

If the alarm is activated they will attempt to phone you to ensure it is not a false alarm. If there is no answer to their call they may or may not send someone to your property. This person will only inspect the outside of the property to see if entry has been forced. He will not as he should do, have a key to the premises to ensure that the occupant is safe and sound.

If after some time you realize that the system is not giving you the security that you require, and you wish to change to a proper security system you will find that the contract you have signed is extremely difficult to break. And if you can break it, then all of the existing equipment is of no use. You are stuck for years paying rental or monitoring fees.

The next type of scam is similar to the above, but no intervention, is given if the alarm is activated. A false bell is placed on the external wall. If the alarm is activated a voice over the control panel will ask if you are the occupant. No one from the company is sent to your property. And with no bellingring the thief has all the time he needs to collect his loot.

The last case, and probably the worst, is the alarm system usually sold by small companies, which is connected to your mobile phone. If your alarm is activated in your absence, you are told to phone a friend or neighbour, who you hope will put himself at risk, to see why your alarm is activated.

So my advice is as follows: -

1. Only use an established security company preferably recommended to you by a friend or acquaintance, who has received and is receiving good service.

2. Always insist on an external bell which rings if activated. (This would not apply if the system is connected directly to a police station)

3. If your system is going to be connected to a 24hr monitoring station phone the station with the salesman in your presence, and ensure that they have bilingual operators. In an emergency the last thing you want to hear is, "Não compreendo." If you are having an intervention service, ensure that the company holds a key to your property.

4. Always insist on a panic button.

5. Ensure that various sections of your alarm can be deactivated when you wish, so that you are able to leave some sections on when you go to bed.

6. If there is any possibility that your phone lines can be cut. Then have a GSM connection fitted.

7. If cost is of no consequence then fit perimeter sensors, which inform you of a attempted intrusion, before he or they get in the house.

DAVID EATON, UK

Portuguese for Beginners

Emília Rosendo

92

THIS LESSON:

Adverbs of quantity, amount and number.

❶ Learn the following adverbs of quantity, amount and number. Then read the sentences below and complete the gaps with the most appropriate adverb.

bastante (quite) bem (well) mais (more)
demasiado (too much) menos (less)
muito (very/much) pouco (little) tão (so)
tanto (so much) uma vez (once) duas vezes (twice)

1. A Ana toma o xarope às 8 da manhã e às 8 da noite.

A Ana toma o xarope _____ por dia.

2. Ela é uma excelente cantora de ópera.

Ela canta ópera muito _____.

3. Eles são milionários.

Eles são _____ ricos.

4. Tu trabalhas 13 horas por dia.

Tu trabalhas _____ !

5. Este livro tem 1200 páginas.

Este livro é _____ grande!

6. Eles são muito calados e reservados.

Eles falam _____.

7. A nossa aula de pintura é às terças-feiras.

Nós temos aula de pintura _____ por semana.

8. A caixa azul pesa 20 quilos e a caixa verde pesa 30 quilos.

A caixa verde é _____ pesada do que a caixa azul. A caixa azul é _____ pesada do que a caixa verde.

9. Um 'workaholic' é uma pessoa que só pensa em trabalho.

Um 'workaholic' é uma pessoa que trabalha _____.

10. O condutor da carrinha vermelha excedeu o limite de velocidade.

O condutor da carrinha vermelha guiou _____ depressa.

11. A régua transparente mede 20 centímetros e a régua opaca mede 50 centímetros.

A régua opaca é _____ curta do que a régua transparente.



Looking for a number?
call DQ on 760 50 60 70

North



GUIMARÃES

10 MAY

edGE Swap-Project
(Dance, Digital Arts, Workshop)
• 15h00 & 22h00 • Small
Auditorium of Centro Cultural Vila Flor • Price: €2t • Av. D. Afonso Henriques, 701 • Tel: 253424700
• Fax: 253424710 •
www.aoficina.pt



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 •
www.casadamusica.com



DAILY



Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectural spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 •
www.serralves.pt

UNTIL 15 JULY

Exhibition by Maria Nordman - 'Proto-Spective: A Changing Exhibition in Real Time' - 'Specific to the Museum', 'Places in Oporto' & 'Other Cities' & 'Transmutações Melódicas'
• The Museu Serralves celebrates Maria Nordman's work development in cities and their neighbourhoods - where people live and work • Serralves Museum on Rua D. João de Castro, 210 • Tel: 226 156 584 •
www.serralves.pt

5 MAY



Piano Recital by Luisa Tender • Works from Mozart, Schubert and Schumann • 12h00 • Theatre 2 • Price: €2 • Casa da Música • 220120214 • Av. da Boavista, 604-610 •
www.casadamusica.com

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com •
www.capeladasartes.com

ARMAÇÃO DE PERA

MONTHLY

Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184



FARO

26 MAY



Concert by the internationally acclaimed Portuguese pianist Sequeira Costa

who will be performing **Concert n° 5 from L.V. Beethoven** as a soloist to the **Algarve Orchestra** conducted by **Oswaldo Ferreira** • This concert is included in the series of concerts dedicated to Beethoven • 21h30 • Teatro da Figuras • 289888110 •
www.teatromunicipaldefaro.pt

SALIR

2 JUNE



The Associação Cultural de Salir (near Loulé) invites you to attend the 2nd edition of the **Ball Bearing Carts Race** • comunicado.imprensa@garvetur.pt

PORTIMÃO

26 MAY, 16 JUNE

Ballroom Dance Workshop • 21st April: Show Rhythm and Rock; 26th May: Tango & Cha-Cha-Cha 16th June: Mambo & Final Show (time and place to be announced) • Participate and learn the steps and times of each dance. Do not miss this opportunity to discover new sounds and rhythms • Municipal Gimnodesportivo Pavilão from 16h00 to 18h00 • Av. Miguel Bombarda • 282470825 •
www.cm-portimao.pt

12 MAY



7ª Corrida Fotográfica - 7th Photographic Race (Photo-graphic Competition) • As part of Museums International Day's commemorations • Information on the Contest Regulations can be obtained at Museu Municipal de Portimão • Tel: 282412238 / Fax: 282417979 • museu@cm-portimao.pt

SANTANA DAS SERRAS

DAILY



Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 •
www.equiserra.com

SÃO B. MESSINES

SATURDAYS & WEDNESDAYS



Quinta da Bica Saturday Mornings & Wednesday

afternoons • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 •
quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 •
www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 •
www.cm-tavira.pt



3rd Cartoon International Festival - Mercado do Livro BD - Exterior Gallery of Casa da Cultura in Beja, Alentejo.
Organization: Beja Bedeteca bedetecadebeja@yahoo.com, 284 313 318 / 284 313 310

JAZZ on a FRIDAY

Bon-Bon Restaurant in Carveiro (Sesmarias) Cool 'n Mellow; Stylish 'n Sophisticated Mellow Jazz featuring 'The Swing Thing' (piano & vocals) every Friday from 8h00 to 23h00.

282 341 496
for reservations



Centre



CASCAIS

DAILY

Cascais Cultural Centre • The Cascais Cultural Centre hosts concerts, shows, exhibitions and many other events • It features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Avenida Rei Humberto II de Itália • Tel: 214848900

DAILY



Sea Museum - Rei D. Carlos • R. Júlio Pereira de Mello • 214825400

ESTORIL

DAILY

Casino Estoril • Shows, games, concerts, lots of entertainment • For more information: Info.estoril@estoril-sol.com 214667700 • 214825400

ÉVORA

5 MAY

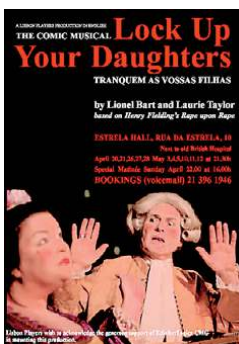
The Fundação Eugénio de Almeida presents a **Piano Recital** by José Luís Nieto at 21h30 at Forum Eugénio de Almeida • For more information, please call



Marta Lopes at Best Vintage on 214134675 or 938529400 •
www.bestvintage.pt

LISBOA

5, 10, 11, 12 MAY



'Lock Up Your Daughters' by the Lisbon Players Theatre Company - The comic musical by Lionel Bart and Laurie Taylor based on Henry Fielding's Rape upon Rape • Estrela Hall, Rua da Estrela, 10 (Next to the old British Hospital) • Performances on May 5, 10, 11, 12 at 21.30h • Bookings (voicemail) 213961946

TORRES NOVAS

6 MAY

Choral Concert "The Armed Man" (English) by Karl Jenkins • 21h30 • Teatro Virginia • Tel: 249839309 •
www.teatrovirginia.com

TORRES VEDRAS

UNTIL 26 MAY

Painting Exhibition by Luis Athougua 'Gênese de um Mundo' • Born in Cascais in 1953, the Post Surreal Abstraction Painter has exhibiting his art since 1983, in the most important events,

having been distinguished with the **Vespeira Prize of Drawing in Portugal** • Municipal Gallery 'Dois Paços' Rua Roque Ferreira Lobo (next to the Town Hall building) • Open: Mon-Sat from 9h30 to 20h00 • Tel: 261334040 • arte@athougua.com • Mobile: 917892703 •



www.athougua.com

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

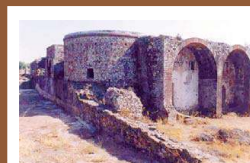
Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fiteiras and Meleças • Tel: 219164303 • Fax: 219236150

International Algarve Fair

LAGOA/ FATAÇIL Showground

Saturday, 12th May 15h00 to 23h00
Sunday, 13th May 12h00 to 22h00

Tel: 282 380 317
www.algarvefair.com



The archaeological site of **S. Cucufate**, in Vila de Frades (Vidigueira), reopened to the public. The schedules are shown below, but can always be confirmed through the telephone numbers indicated below.

Summer Times (1st May to 15th September): Tuesday 15h00 - 18h00; Wednesday to Sunday 09h30 - 13h00 & 15h00 - 18h00.
Winter Times (16th September to 30th April): Tuesday from 14h00 - 17h00, Wednesday to Sunday from 09h00 - 12h30 and from 14h00 - 17h00.
Entrance fee to S. Cucufate - €2; Casa do Arco - €2; S. Cucufate & Casa do Arco - €2.50. Children under 14 years the entrance is free. Free for all on Sundays and holidays until 14h00.
Tel: 284 441 113 (S. Cucufate) 284 441 612 (Casa do Arco) For other information, please call 266 769 800 or fax: 266 769 855 or email: dre.ippa@ippa.pt
http://www.ippa.pt/monumentos/sito_cucufate.html

EXHIBITION

Painting auction - Estoril

On May 9th an auction will take place at the Estoril Casino art gallery from 9.45pm, organised by the Blanchon auctioneers.

A total of 115 pieces of art by Arpad Szenes, Vieira da Silva, Columbano, Mário

Botas, Celestino Alves, Eduarda Lapa, Alves da Da, Navarro da Costa, Júlio Pomar, Querubim Lapa, Carlos Reis, Artur Bual, Roger Bissière, Manessier and others will be on display at the gallery until May 8th from 3pm and 12am.



Cargaleiro

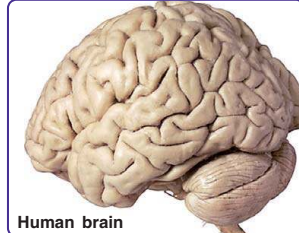


Vieira da Silva

Bodies exhibition - Lisbon

The 'Bodies Exhibition' opening this weekend is a controversial exhibition not to be missed, featuring 17 corpses and 270 human organs preserved by polymerization. This exhibition has received

controversial response from all over the world. The 'bodies' will be on show at the Palácio dos Condes do Restelo, junto ao Príncipe Real - Rua da Escola Politécnica, nº 42. Tickets cost between €14.50 and €21.



Human brain

CHARITY

Royal British Legion Gardens Open

On Saturday, May 5th from 10am to 1pm, a 'Gardens Open' event will be held in aid of the Royal British Legion.

In aid of featuring Monte Alegre & Monte Bouganvillea - a selection of mature settings: a plantsman's passion and a tranquil retreat. Both gardens

within 10 minutes drive, north of Estoi. Plant Stall and RBL Merchandise available on the day. Entrance is €5. Entrance fee covers both gardens. For further information call 289 999 335 (after 7pm) or 967 666 897 or 289 791 699. E-mail for further info: rosie@thebtf.net.

Open Garden

On Saturday 26th May an Open Garden Day will be held at Casa Deva, Colégio in Bensafrim near Lagos from 11am to 4pm.

Charity event in aid of I.C.F.

Church Funds. Plant sales, cake stall, bring and buy, raffle etc. Entrance 5 euros, children free.

For directions phone 282 687850 or email terry.joinson@gmail.com.

WALKS

Let's Walk the Serra de Cão

A new moderately easy circular walk on Wednesday, May 9th (three hours) through these unspoilt hills with fabulous views and great flowers. All are very welcome please just come along, 6 euros p.p.

10.30am start - meet in the centre of Barão São Miguel. Take the A22 west until it ends and at the roundabout exit right towards Bensafrim and Lagos. Once through

Bensafrim take the first road right towards the Zoo and follow the road for 5km to Barão São João, continue through the village towards Sagres and after another 3km you come to Barão São Miguel and the centre where there is a small cafe on the right and a church on the left.

Walk leader: Pete Lammin with Julie Statham 282 697 298 or 965 753 033

Let's Walk through the Monchique Valleys

A moderately easy two hour on Saturday May 12th and Monday May 14th walk through unspoilt valleys where local people still follow a traditional life style. All are very welcome, please just come along, 4 euros p.p.

10.30am start - meet at the restaurant Bica Boa. Drive

into the centre of Monchique and at the T-junction turn right. Follow the road pass the Bombeiros on your left and keep going until you leave the town when you will see Bica Boa on your right.

Walk leader: Julie Statham 282 697 298 or 965 753 033

COMING SOON

MAY
Creamfields Lisbon Festival - May 19th at Parque da Bela Vista in Lisbon from 3pm. Performances: The Prodigy; Placebo; Da Weasel;

Soulwax; Expensive Soul; Digitalism; Spektrum; Max Romeo; Dub Incorporation; Slightly Stoopid; Jahcoustic; Wraygunn; The Vicious Five; The Poppers; 2 Many DJs; Who Made

MAY
The Who - May 16th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €40.
Marillion - May 17th at Aula Magna in Lisbon from 9.30pm. Tickets: €27 to €37.

Evan Parker & Herb Robeston & Anfusti Fernandez - May 17th at Belém Cultural Centre in Lisbon from 10.45pm. Entrance is free.

Bloc Party & Biffy Clyro - May 18th at the Coliseu in Lisbon from 9.30pm. Tickets: €25 to €150.

Julio Iglesias Romantic Tour - May 18th at Pavilhão Atlântico in Lisbon from 10pm. Tickets: €30 to €100.

Blind Zero - May 18th at São Brás de Alportel Cine-Teatro. Further info TBA.

Mickael Carreira - May 19th at Coliseu in Lisbon from 10pm. Tickets: €17.50.

Beyoncé - May 24th from 8.30pm Pavilhão Atlântico, Tickets: €30 to €42.

Rui Veloso - May 25th and 26th at Póvoa de Varzim Casino from 11pm.

Tickets: €50.
Dave Matthews Band - May 27th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €42.
Delfins - May 31st at Cascais Lótus. Further info TBA.

JUNE
Beastie Boys instrumental - June 11th at Aula Magna in Lisbon. Tickets: €30 to €50.
Thin Lizzy - June 14th at Lisbon Coliseu. Further info TBA.
Expensive Soul - June 15th at Vola de Rei from 11pm.

Ney Matogrosso - June 16th at Lisbon Coliseu from 10pm. Tickets: €20 to €60.

Il Divo - June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

My Chemical Romance - June 24th at Lisbon Coliseu. Tickets: €25.

Rolling Stones - June 25th at Lisbon Estádio Alvalade XXI. Tickets: €69 to €142.

Type O Negative - June 27th at Lisbon Coliseu from 9pm. Tickets: €25.

Ricky Martin - June 30th at Pavilhão

Who, You Should Go Ahead and more. Tickets €40 to €50.

JUNE
Festival Oeiras Alive - June 8th: Pearl Jam; Linkin Park; Blasted

LIVE CONCERTS

Atlântico from 9pm. Tickets: €30 to €42.

JULY
The Chemical Brothers - July 12th in Lisbon. Venue, hour and prices TBA.

Arctic Monkeys - July 18th at Coliseu in Lisbon from 9pm. Tickets: €27.

Rockstock tribute to Beatles - July 19th at Guarda Municipal Theatre from 10pm. Tickets: €4.

Luís Represas - July 19th at Estoril Casino from 10.30pm. Entrance is free.

Aimee Mann - July 25th at Lisbon Coliseu from 9pm. Tickets: €20 to €50.

Type O Negative - July 27th at Coliseu in Lisbon.

Nelly Furtado - July 27th at Albufeira Municipal Stadium €35 - €40 and July 29th at Cantanhede. Further info TBA.

SEPTEMBER
GNR, The Gufs, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezperados - September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

BOX OFFICE

COMING SOON

Vilar de Mouros - July 20th until 22nd in Vilar de Mouros. Performances: Brian Wilson (22nd). Further info: TBA.

Music of the World - July 20th until 22nd in Porto Covo. Further info TBA.

Music of the World - July 25th until 28th in Sines. July 26th - Don Byron. Further info TBA.

AUGUST

Sudoeste Festival - August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: €70 with parking & camping included. Performances:

Aug 2nd - Cassius; Mayra Andrade. Aug 3rd - Steel Pulse, Bonde do Rolé. Aug 4th - The Australian Pink Floyd Show, Nature of Human Art.

Further info TBA. Still to be confirmed dates: Mika; The Streets.

Intercéltico de Sendim - Two day

COMING SOON

MUSIC FESTIVALS

festival in Sendim. Performances: Aug 3rd - Solas, Tradere, Trasca. Aug 4th - Four Men and a Dog, Kepa Junkera, Dazkariet. Further info TBA.

Festival Paredes de Coura - August 12th until 15th at Praia Fluvial do Tubarão in Paredes de Coura. Tickets: €40 to €70. Performances:

Aug 14th - Gogol Bordello. Aug 15th - Sonic Youth; Cansei de Ser Sexy.

Super Bock Surf Fest - August 14th and 15th in Sagres Praia do Tonel. Aug 14th - TBA. Aug 15th - Lily Allen; Dub Incorporation; Mad Caddies; Culcha Candela. Further info TBA.

SEPTEMBER
Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora. Further info TBA.

LIVE SHOWS

the young ones, with performances from Noddy, Bob the Builder, and other well known children characters yet to be confirmed. Tickets: €25 to €220 (VIP Pack)

DECEMBER
Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am 3.30pm and 7.30pm on December 8th. Minimum age of 3.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

DVD

LIVE CONCERTS

Eragon

Starring: Edward Speleers, Sienna Guillory, Garrett Hedlund, Djimon Hounsou, Jeremy Irons, John Malkovich, Robert Carlyle, Alun Armstrong, Caroline Chikezie, Tamsin Egerton, and the voice of Rachel Weisz.

Many years ago, the Dragon Riders reigned supreme over the kingdom of Alagaesia. These fearless warriors took to the skies, ensuring peace for everyone...until warrior Galbatorix (Malkovich) used his gift against the other riders and seized power, plunging Alagaesia into darkness. While rebel forces, the Varden, fled to the Beor Mountains to escape Galbatorix and his evil sorcerer, Durza (Carlyle), the people of the land succumbed to the new king's might, dreaming of a day when dragons would return. So it comes

to pass that young farm boy Eragon (Speleers) discovers a sapphire egg in the forest and Eragon forges an unbreakable bond with a baby dragon called Saphira (voiced by Weisz). Seeking counsel from resident sage Brom (Irons) and beautiful warrior Arya (Guillory), the boy and Saphira embark on a perilous quest to restore harmony to the realm. Intended as the first instalment of a trilogy based on the novels by Christopher Paolini, Eragon is an old-fashioned sword and sorcery epic that covers in the shadow of Peter Jackson's *Lord Of The Rings* films. Unfortunately, Stefen Fangmeier's modest effort looks rather cheap and cheerful, lacking the grandeur, spectacle and intense emotion that characterised the odyssey through Middle Earth.

Rating: **

Damon Smith

BOOK REVIEW

Perfect Hostage: The Life Of Aung San Suu Kyi

By Justin Wintle, is published in hardback by Hutchinson, priced. Available now.

Since her party won Burma's national election in 1990, Aung San Suu Kyi has been denied her rightful post as Prime Minister of the small south-east Asian country where she was born.

The military junta which exploits and oppresses Burma's people keeps her under house arrest, muzzled, and alive only because they dare not kill her, a fate which has befallen a great many of her supporters.

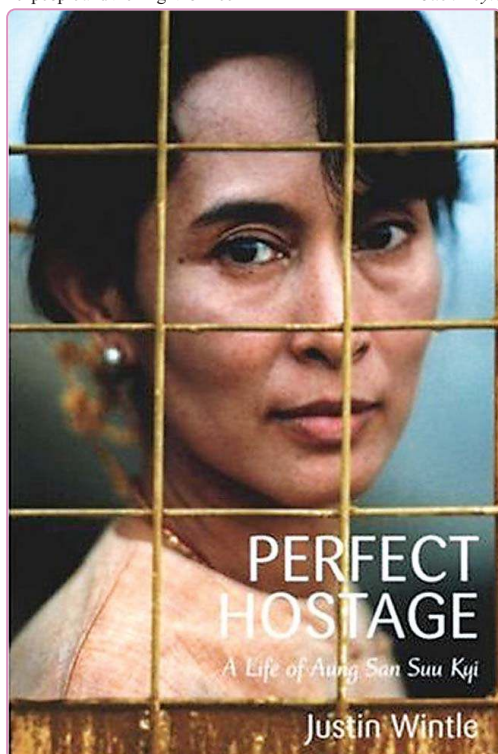
Meanwhile her country is isolated from the spread of economic growth across Asia that has lifted many millions out of poverty. It remains a gangster state, armed and protected by the Government-sponsored illegal trade in drugs. She remains, as she has since the elections, a figurehead for her people and their fight for free-

dom. That much is well known, and compelling enough. What Justin Wintle's new biography captures in great detail and considerable length is the story and the character of the woman behind the image of a valiant, but so far unsuccessful fighter against tyranny.

It begins with a brisk history of the country, and tells the story of Suu Kyi's father, a general who led the negotiations for independence from Britain after World War Two but was assassinated by political rivals, before leading the reader through Suu Kyi's early life and her rise to prominence.

Since her election success, her attempts to rid her country of the darkness that envelopes it have cost her a great deal in terms of her family and personal life, a fact that makes her single-minded effort all the more admirable.

Jack Doyle



George Michael - Coimbra

Georgios Kyriacos Panayiotou better known as George Michael an English singer-songwriter and pop star who performs soul influenced pop, and who (as a solo artist and half of the duo WHAM!) has enjoyed global success since 1982. His biggest commercial success to date was in 1987 with his debut solo album *Faith* which sold 14 million copies on release and to date has crossed well over the 20 million mark worldwide. He has sold 85 million singles and albums worldwide.[2]

However, it wasn't until he formed the duo Wham! together with Andrew Ridgeley in 1981 that success came for Michael. The band's first album, *Fantastic!*, was an instant success, and within a year they had released their classic debut single, "Wham Rap! (Enjoy What You Do)". Their second single, "Young Guns (Go For It)", became the first in a string of Top 10 hits in the UK singles chart. They

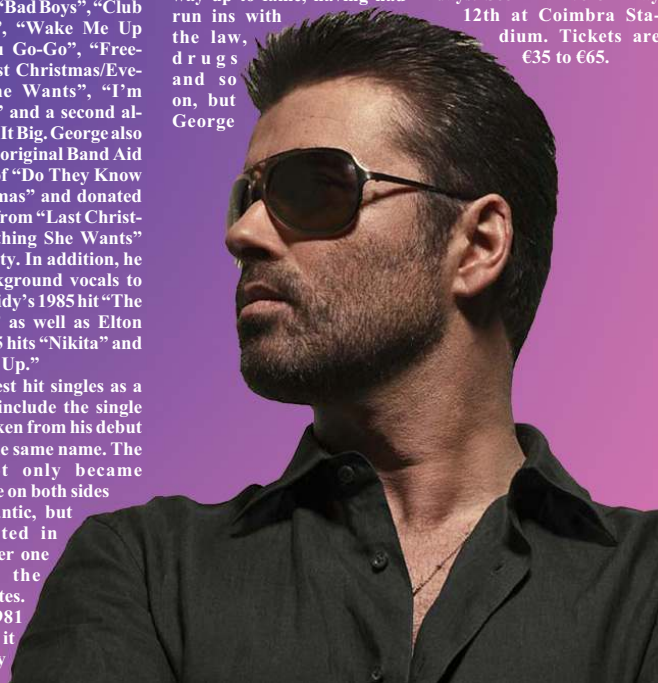
were rapidly followed by titles such as "Bad Boys", "Club Tropicana", "Wake Me Up Before You Go-Go", "Freedom", "Last Christmas/Everything She Wants", "I'm Your Man" and a second album, *Make It Big*. George also sang on the original Band Aid recording of "Do They Know It's Christmas" and donated the profits from "Last Christmas/Everything She Wants" to the charity. In addition, he added background vocals to David Cassidy's 1985 hit "The Last Kiss," as well as Elton John's 1985 hits "Nikita" and "Wrap Her Up."

His biggest hit singles as a solo artist include the single "Faith," taken from his debut album of the same name. The album not only became number one on both sides of the Atlantic, but also resulted in four number one singles in the United States.

From 1981 until today, it is fair to say

that George has experienced a roller coaster ride on his way up to fame, having had run ins with the law, drugs and so on, but George

Michael's music is still as good as it was back in the days. See him live on May 12th at Coimbra Stadium. Tickets are €35 to €65.



SPORT

Algarve F1 Powerboating

The best drivers from the best teams in the sport are coming to Portimão to race in the World Championship of the F1 Powerboating. Come and join the thousands of people who will be watching this exciting and high-speed spectacle and help to transform the estuary of the Rio Arade into a huge natural grandstand. This event is part of the 'Allgarve' Programme for the Development of Tourism in the Algarve. The event will kick off on May 12th, ending on May 13th. Call 282 470 700 for more information.



HIT, MISS OR MAYBE?

Hilary Duff - Dignity

Hilary Duff has grown up. The blonde hair and girl-next-door look has been replaced by an elegant-looking brunette, and the change in image also sees a new edgier dance sound. Songs like *Danger* (exploring the sus-

pect advances of an older man) and *Stranger* (about a relationship that's picture perfect in public, but cold behind closed doors) reflect a more mature Hilary. Better than her previous bubblegum pop albums, but is not quite on a par with the Christina Aguilera yet.

KINGS OF LEON - On Call

Taken from the Tennessee rockers' new album, *Because Of The Times*, *On Call* has been on the band's MySpace page for a while now. A taster of their new

material, the single isn't revolutionary but represents a new sort of sound for the band, which has led to them being labelled as 'grunge' by some fans.

Marillion - See It Like A Baby

One of the music scene's best secrets, Marillion are on their 14th album yet haven't been exposed in the mainstream. Which is probably a good thing, since it allows them to focus on their devoted fanbase. Steve Hogarth's lead vocals and Steve Rothery's guitar work is outstanding, and should endear them to new fans.

Melanie C - I Want Candy

It's been a while since we heard from Sporty Spice, and I Want Candy precedes her fourth solo album, *This Time*, which is out next week. Originally a hit by Bow Wow Wow in 1982, I Want Candy is a disappointing taster track, with Mel repeating the catchphrase throughout the song.



Bridge to Terabithia



Because I Said So



Scenes of a Sexual Nature



LA MÔME



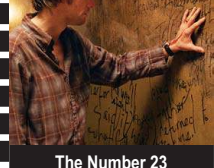
TMNT



WILD HOGS



Blood & Chocolate



The Number 23



Meet the Robinsons

ALGARVE

SBC
FORUMALGARVE
TEL: 289 887 212

3 MAY-9 MAY

1

Because I Said So
Diane Keaton, Mandy Moore
15.20-17.40-20.00-22.20 (00.35 Sat & Sun)

2

Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze
(18.15-21.00 Sat & Sun) 15.30-18.15-21.00 (23.45 Thu-Sun)

Teenage Mutant Ninja Turtles
Animation PV
(11.10-13.20-15.30 Sat & Sun) 13.20

3

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
(10.40-12.55 Sat & Sun) 15.17-35-19.50

Sunshine
Cillian Murphy, Michelle Yeoh
22.00 (00.40 Thu-Sun)

4

Spiderman 3
Tobey Maguire, Kirsten Dunst
(23.50 Sat & Sun)

Wild Hogs
Tim Allen, John Travolta
(12.05 Sat & Sun) 14.30-16.50-19.10-21.30

5

Spiderman 3
Tobey Maguire, Kirsten Dunst
(12.10 Sat & Sun) 15.10-18.10-21.10 (00.10 Thu-Sun)

6

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
(12.00 Sat & Sun) 14.20-16.40-19.00

7

Spiderman 3
Tobey Maguire, Kirsten Dunst
13.05-15.55-18.50-21.50

Wild Hogs
Tim Allen, John Travolta
(00.45 Thu-Sun)

8

Sunshine
Cillian Murphy, Michelle Yeoh
14.35-19.20

Meet the Robinsons
Animation PV
(11.00 Sat & Sun)

9

Shooter
Mark Wahlberg, Michael Peña
21.40 (00.25 Thu-Sun)

The Good German
George Clooney, Cate Blanchett
14.05-16.35-19.05

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220

3 MAY-9 MAY

1

Spiderman 3
Tobey Maguire, Kirsten Dunst
13.40-16.15-19.00-21.45 (24.30 Sat & Sun)

2

Spiderman 3
Tobey Maguire, Kirsten Dunst
13.40-16.15-19.00-21.45 (24.30 Sat & Sun)

3

Teenage Mutant Ninja Turtles
Animation PV
13.45-15.35-17.35-19.30

The Number 23
Jim Carrey, Virginia Madsen
21.55 (00.25 Fri & Sat)

4

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
14.00-16.40-18.45

Shooter
Mark Wahlberg, Michael Peña
21.20 (00.00 Sat & Sun)

5

Wild Hogs
Tim Allen, John Travolta
13.55-16.30-18.40-21.35 (23.50 Sat & Sun)

Meet the Robinsons
Animation PV 3D Digital

6

The Last King of Scotland
Forest Whitaker, James McAvoy
13.50-16.25-18.55-21.30 (24.05 Sat & Sun)

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220

3 MAY-9 MAY

1

Because I Said So
Diane Keaton, Mandy Moore
13.30-16.00-18.50-21.30-23.55

2

Spiderman 3
Tobey Maguire, Kirsten Dunst
12.40-15.30-18.20-21.20-00.10

3

Teenage Mutant Ninja Turtles
Animation PV
13.05-15.10-17.10-19.05

300

Gerard Butler, Rodrigo Santoro
21.10-00.00

4

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
13.20-15.20-17.20-19.20-21.25

The Number 23

Jim Carrey, Virginia Madsen
23.45

5

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
13.10-15.40-17.40

Shooter

Mark Wahlberg, Michael Peña
21.35-00.15

6

Wild Hogs
Tim Allen, John Travolta
13.40-16.20-19.00-21.45-00.20

7

Spiderman 3
Tobey Maguire, Kirsten Dunst
13.00-15.50-18.40-21.40-00.30

8

Spiderman 3
Tobey Maguire, Kirsten Dunst
13.00-15.50-18.40-21.40-00.30

9

The Reaping
Hillary Swank, Idris Elba
13.50-16.10-18.30-21.50-00.25

CENTRE

LUSOMUNDO
ALMADAFORUM
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

Le Concile de Pierre
Monica Bellucci, Catherine Deneuve
Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
La Môme / La Vie en Rose
Marion Cotillard, Sylvie Testud

Butterfly: Grimm Love Story / Rothenbourg
Keri Russell, Thomas Kretschmann

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

The Reaping
Hillary Swank, Idris Elba

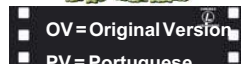
Shooter
Mark Wahlberg, Michael Peña

Perfect Stranger
Halle Berry, Bruce Willis

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV Digital 3 D

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe



OV = Original Version

PV = Portuguese Version

MILLENNIUM
ALVALAXIA
TEL: 21 754 9000

3 MAY-9 MAY

1

Teenage Mutant Ninja Turtles
Animation PV

Butterfly: Grimm Love Story / Rothenbourg
Keri Russell, Thomas Kretschmann

2

The Reaping
Hillary Swank, Idris Elba

3

Spiderman 3
Tobey Maguire, Kirsten Dunst

Spiderman 3
Tobey Maguire, Kirsten Dunst

5

Scenes of a Sexual Nature
Ewan McGregor, Sophie Okonedo

6

Le Concile de Pierre
Monica Bellucci, Catherine Deneuve

7

Because I Said So
Diane Keaton, Mandy Moore

8

300
Gerard Butler, Rodrigo Santoro

9

O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

10

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Blood and Chocolate
Agnes Bruckner, Hugh Dancy

11

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

Shooter

Mark Wahlberg, Michael Peña

12

Wild Hogs
Tim Allen, John Travolta

The Number 23
Jim Carrey, Virginia Madsen

13

Sunshine
Cillian Murphy, Michelle Yeoh

Meet the Robinsons
Animation

14

Perfect Stranger
Halle Berry, Bruce Willis

15

Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze

16

The Last Kiss
Zack Braff, Jacinda Barrett

LUSOMUNDO
AMOREIRAS
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

La Môme / La Vie en Rose
Marion Cotillard, Sylvie Testud

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

Perfect Stranger
Halle Berry, Bruce Willis

Meet the Robinsons
Animation PV

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs

Tim Allen, John Travolta

Teenage Mutant Ninja Turtles

Animation PV

The Reaping
Hillary Swank, Idris Elba
Meet the Robinsons
Animation PV 3D Digital

LUSOMUNDO
COLOMBO
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst

Le Concile de Pierre
Monica Bellucci, Catherine Deneuve

Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

The Reaping
Hillary Swank, Idris Elba

Shooter
Mark Wahlberg, Michael Peña

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

UCICINEMAS
ELCORTEINGLÉS
TEL: 707 23 22 21

3 MAY-9 MAY

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

The Reaping
Hillary Swank, Idris Elba

The Number 23
Jim Carrey, Virginia Madsen

The Painted Veil
Naomi Watts, Edward Norton

Shooter
Mark Wahlberg, Michael Peña

Perfect Stranger
Halle Berry, Bruce Willis

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

Music & Lyrics
Hugh Grant, Drew Barrymore

Scenes of a Sexual Nature
Ewan McGregor, Sophie Okonedo

Spiderman 3
Tobey Maguire, Kirsten Dunst

300
Gerard Butler, Rodrigo Santoro

O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Because I Said So
Diane Keaton, Mandy Moore

La Môme / La Vie en Rose
Marion Cotillard, Sylvie Testud

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

Shooter
Mark Wahlberg, Michael Peña

Perfect Stranger
Halle Berry, Bruce Willis

300
Gerard Butler, Rodrigo Santoro

Meet the Robinsons
Animation PV
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO
ODIVELASPARQUE
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Because I Said So
Diane Keaton, Mandy Moore

Wild Hogs
Tim Allen, John Travolta

Teenage Mutant Ninja Turtles
Animation PV

Moscow Zero
Vincent Gallo, Val Kilmer

Dot.com
João Tempera, Maria Adanéz

Meet the Robinsons
Animation PV

Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

LUSOMUNDO
OERIASPARQUE
TEL: 707 246362

3 MAY-9 MAY

Spiderman 3

Tobey Maguire, Kirsten Dunst

O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira

Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb

Because I Said So
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Teenage Mutant Ninja Turtles
Animation PV

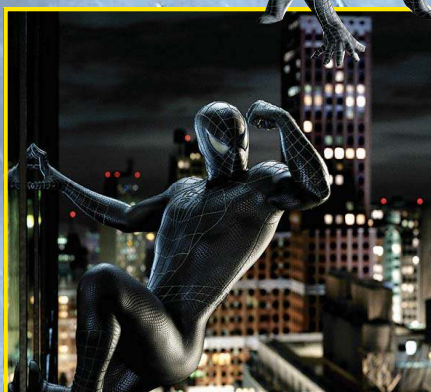
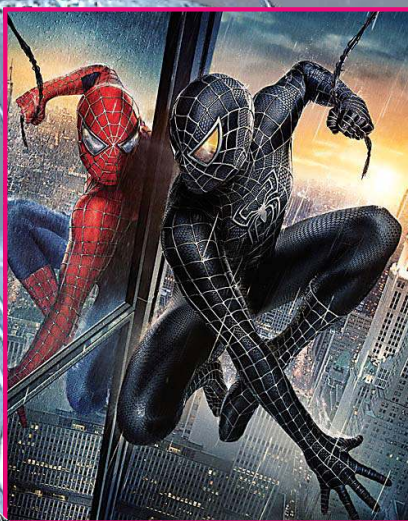
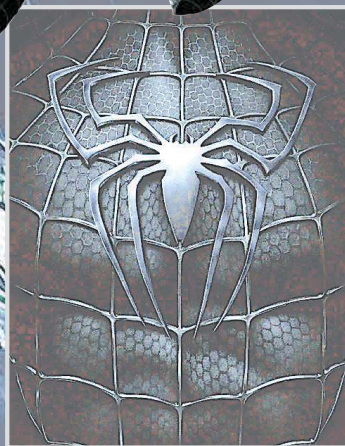
Perfect Stranger

A third adventure with Tobey Maguire again

playing Peter Parker/Spider-Man, Kirsten Dunst playing Mary Jane Watson and Sam Raimi in the director's

chair.

A complex web of secrets, vengeance, love and forgiveness, *Spider-Man 3* is a riveting adventure that transport worldwide audiences to thrilling new heights on May 3, 2007.



In *Spider-Man 3*, based on the legendary Marvel Comics series, Peter Parker (Tobey Maguire) has finally found the balance he's longed for between his love for Mary Jane Watson (Kirsten Dunst) and his responsibilities as Spider-Man. The city of New York and its citizens are at last coming around and appreciating everything he has done as his crime-fighting alter ego, and Peter is in the running for a staff job at the Daily Bugle. However, everything Peter has worked for is about to unravel.

Flint Marko (Thomas Haden Church), while fleeing prison, is caught in an accident that displaces molecules and is transformed into the Sandman, a new super villain who is able to change his body into any shape of sand he sees fit. When Peter learns of a connection between The Sandman and the murder of his Uncle Ben (Cliff Robertson), he will stop at nothing as Spider-Man to capture him. But before Peter can do so he discovers a mysterious black substance has turned his suit black, and has brought forth a darker side of Parker and Spidey nobody has seen before. Peter begins to give into this new dark personality, starts to abandon the ones he loves the most and in turn his best friend Harry Osborn (James Franco) takes up his late father's mantle as The New Goblin. Quickly Parker begins a new romance with his lab partner, the beautiful Gwen Stacy (Bryce Dallas Howard) but in doing so Peter sets off a rival Bugle photographer, a troubled young man by the name of Eddie Brock (Topher Grace), who is obsessed with Stacy.

Little does Peter know the black substance has its sights set on Eddie as well. Turning Brock into Venom, a foe that mirrors everything Spider-Man can do. Forcing Peter to become the strong-willed hero he has forgotten about if he hopes to defeat his greatest threat yet.



CELEB NEWS

War epic **300** and sequel **Pirates Of The Caribbean: Dead Man's Chest** are leading the nominations for the 2007 MTV Movie Awards with five and four nods apiece. Both films have been nominated for the Best Movie award. **300** star **Gerard Butler** is up for Best Performance and Best Fight, while **Lena Headey** and **Rodrigo Santoro** have been nominated for Breakthrough Performance and Best Villain respectively. **Pirates Of The Caribbean: Dead Man's Chest** actors **Johnny Depp** and **Keira Knightley** have also both picked up nods for Best Performance, while **Bill Nighy** is up for Best Villain. Some of the nominations are: **Best Movie**: **300**, *Blades of Glory*, *Borat: Cultural Learnings Of America For Make Benefit Glorious Nation Of Kazakhstan*, *Little Miss Sunshine*, *Pirates Of The Caribbean: Dead Man's Chest*; **Best Performance**: Gerard Butler - **300**; Johnny Depp - *Pirates Of The Caribbean: Dead Man's Chest*; Keira Knightley - *Pirates Of The Caribbean: Dead Man's Chest*; Jennifer Hudson - *Dreamgirls*; Beyonce Knowles - *Dreamgirls*; Will Smith - *The Pursuit Of Happyness*; **Best Villain**: Tobin Bell - *Saw III*; Jack Nicholson - *The Departed*; Bill Nighy - *Pirates Of The Caribbean: Dead Man's Chest*; Rodrigo Santoro - **300**; Meryl Streep - *The Devil Wears Prada*; **Best Summer Movie You Haven't Seen Yet**: *Evan Almighty*; *Fantastic Four: Rise Of The Silver Surfer*; *Hairspray*; *Harry Potter And The Order Of The Phoenix*; *Rush Hour 3*; *Transformers* (www). Martial arts superstar **Jackie Chan** has launched a new Chinese TV show project in a bid to find his movie successor. More than 100,000 fans have reportedly signed up to try out for the reality TV show, called **The Disciple**, which seeks out new action movie talent. In introducing the new show, Chan, 53, said, "A lot of actors are good at fighting but (they're) not beautiful (to watch). If you can incorporate dance with an ability to perform kung fu, that would be better." The show will run from March to October next year with the 10 winners landing roles a new movie, which Chan will produce. (www) **Angelina Jolie's** relationship with partner **Brad Pitt** has totally changed her life, according to her brother James Haven. Jolie is raising three adopted children Maddox, Zahara Marley, and Pax Thien, and biological daughter Shiloh Nouvel with the **Ocean's Thirteen** star, and Haven is convinced his sister has found a partner for life following failed marriages to Jonny Lee Miller and Billy Bob Thornton. Haven, 33, says, "Brad has changed my sister a lot. They have an extraordinary bond, it's not on the usual level. He's great with her and I've never seen a brood like that who are all so supportive of one another. Brad is so strong for her. When she feels vulnerable, he has the most incredible strength. She says she couldn't have adopted more children after Maddox without him. I've never seen any sign of tension between them, and if it keeps going the way it's going, they'll be together for life." (www) Campaigning actor **Martin Sheen** has been arrested an astonishing 65 times in the last 20 years. Recently, the veteran actor received a police citation for trespassing on a Nevada nuclear test site. Sheen has fond memories of his first arrest, when he protested former President Ronald Reagan's nuclear initiative. He tells British movie magazine *Empire*, "We placed our bodies at the doors so the employees on the project couldn't get through and I remember being terribly frightened by what was going to happen. I remember (protest organizer) Father Bergin offering the New York Police the chance to come and join us in our protest and they said 'no. You have three minutes to get out of here,' and I thought 'Gee, what's coming down now?'" The actor, who plays the role of a US President in hit show **The West Wing**, claims he has never been sentenced to more than a little time in jail and some personal humiliation. (www)

NORTH

UCICINEMAS
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3 MAY-9 MAY



1 Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
2 Shooter
Mark Wahlberg, Michael Peña
3 300
Gerard Butler, Rodrigo Santoro
4 O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
5 Norbit
Eddie Murphy, Thandie Newton
Sunshine
Cillian Murphy, Michelle Yeoh
6 Scenes of a Sexual Nature
Ewan McGregor, Sophie Okonedo
7 The Painted Veil
Naomi Watts, Edward Norton
8 Meet the Robinsons
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Butterfly: Grimm Love Story / Rohtenbourg
Keri Russell, Thomas Kretschmann
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14 The Number 23
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15 Spiderman 3
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16 Spiderman 3
Tobey Maguire, Kirsten Dunst
17 Premonition
Sandra Bullock, Julian McMahon
18 Music & Lyrics
Hugh Grant, Drew Barrymore
19 Teenage Mutant Ninja Turtles
Animation
The Namesake
Kal Penn, Tabu
20 Wild Hogs
Tim Allen, John Travolta

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Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta

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3 MAY-9 MAY

Spiderman 3
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Wild Hogs
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Zack Braff, Jacinda Barrett
The Number 23
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Dot.com
João Tempera, Maria Adanéz
Meet the Robinsons
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Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

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3 MAY-9 MAY

Spiderman 3
Tobey Maguire, Kirsten Dunst
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François Cluzet, Marie-Josée Croze
Wild Hogs
Tim Allen, John Travolta
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Blood and Chocolate
Agnes Bruckner, Hugh Dancy
Shooter
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Perfect Stranger
Halle Berry, Bruce Willis
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Rowan Atkinson, Willem Dafoe

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Spiderman 3
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Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze
Butterfly: Grimm Love Story / Rohtenbourg
Keri Russell, Thomas Kretschmann
Because I Said So
Diane Keaton, Mandy Moore
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
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Meet the Robinsons
Animation PV 3D Digital
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

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Spiderman 3
Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
Because I Said So
Diane Keaton, Mandy Moore
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

OV = Original Version
PV = Portuguese Version

Premonition
Sandra Bullock, Julian McMahon
Moscow Zero
Vincent Gallo, Val Kilmer

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Spiderman 3
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Blood and Chocolate
Agnes Bruckner, Hugh Dancy
Perfect Stranger
Halle Berry, Bruce Willis
Sunshine
Cillian Murphy, Michelle Yeoh
300
Gerard Butler, Rodrigo Santoro
Meet the Robinsons
Animation PV
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Rowan Atkinson, Willem Dafoe

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Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze
Wild Hogs
Tim Allen, John Travolta
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Animation PV
Shooter
Mark Wahlberg, Michael Peña
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Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe

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Wild Hogs
Tim Allen, John Travolta
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Meet the Robinsons
Animation PV 3D Digital
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Rowan Atkinson, Willem Dafoe

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Gerard Butler, Rodrigo Santoro
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Rowan Atkinson, Willem Dafoe

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Spiderman 3
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Bridge to Terabithia
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Gerard Butler, Rodrigo Santoro
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Spiderman 3
Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
Because I Said So
Diane Keaton, Mandy Moore
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
Shooter
Mark Wahlberg, Michael Peña
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Animation PV
Mr. Bean's Holiday
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Spiderman 3
Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
Ne Le Dis à Personne / Tell No One
François Cluzet, Marie-Josée Croze
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
La Môme / La Vie en Rose
Marion Cotillard, Sylvie Testud
Because I Said So
Diane Keaton, Mandy Moore
Wild Hogs
Tim Allen, John Travolta
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Animation PV
The Reaping
Hillary Swank, Idris Elba
Shooter
Mark Wahlberg, Michael Peña
Perfect Stranger
Halle Berry, Bruce Willis
300
Gerard Butler, Rodrigo Santoro
Meet the Robinsons
Animation PV
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe



Announcements

ST. ANDREW'S Society is holding a Ceilidh at Ponto Romano Restaurante in Silves on 19th May at 7.00pm. Please phone Cathy on mobile 919 635 246 for tickets.

CASA IS a well-known local social club of over 300 members who raise money to help many needs in the area. It is open to single/couples, and has a monthly newsletter of events and dinners at local venues for reasonable prices. Also outings are arranged to some interesting places in Portugal or Spain. Find out more by calling Franz on Tel.: 282 312 819.

Charity sales

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop behind the pharmacy in Montechoro needs volunteers to help in the shop & also other volunteers to transport animals to the vet or the abandoned animals home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help would be greatly appreciated. Please call Lesley on mobile 962 414 584 or call into the animal charity shop in Montechoro.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. If you don't want it, let us sell it. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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OR
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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

Employment Centre

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BAR STAFF - M/F required for busy Irish pub in Cascais. Must be fluent in English. To start immediately. Contact Karen 961 679 077 / 214 861 627.

ADMINISTRATIVE ASSISTANT required for busy office in Boliqueime. Computer literate, accounts, general office work. Fluent English and Portuguese. Please send your CV in English to algarvesteelbuild@sapo.pt or phone 289 366 071.

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Tel.: 0044-1453-540123 (Leonor Gingado)
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ENGLISH DENTAL Surgeon Dr. Francis Haley. Av. 25 Abril, 184-1°C, Cascais. Tel.: 214 863 012.

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Support Groups

ALCOHOLICS ANONYMOUS - Algarve. Do you or anyone you know have a problem with alcohol? If so, there is a solution. **WEEKLY MEETINGS:** Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm; Távira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. If you would like assistance finding a meeting please call 919 005 590 between 10.00 and 7.30pm. For Portuguese speaking AA please call mobile 917 483 478. For GSO Lisbon AA please call Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues. meeting - mobile 965 059 949).

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Távira. English speaking meeting 7.30 Thurs. 30 Rua Dr. Parreira, Távira mobile 916 013 265.

CANCER DOESN'T care - but we do! CANCARE is a group of ladies supporting one another through the trauma of cancer and beyond, both our own or others, both past and present, with laughter and tears, with kindness and caring, with experiences and positivity, but most of all with sharing. If you would like to join us or just talk to us, please phone Joan on Tel.: 289 843 472.

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Throwing children into oncoming traffic: The truth about Autism

By: Kenneth Stoller, MD, FAAP with Anne McElroy Dachel

I have been a practicing pediatrician for over 20 years. I saw my first child with autism in the early 90's – before that I had never seen an autistic child, and I never saw an autistic child in all my years at school. The boy was 4 years old and you could see the frustration in his face as he wanted to speak, but nothing intelligible would come from his mouth except shrieks of anguish.

As I studied his tortured face, it was as if there was an old time telephone switchboard operator inside his head trying to plug in the correct phone cables, but not

being able to complete the call. This family had known me from an old practice I worked at in another city, but they had traveled to see me because they

trusted me and were looking for answers that no one seemed to have for them, but I too had no answers and I could see the mom was greatly disappointed. After

ile-X syndrome and his mom ending up starting the Fragile-X support group at Children's Hospital in Los Angeles.

I had noticed there was a strange upswing in children with attention disorders and impulsivity problems. I wasn't a neurologist, but had studied with one of the finest at UCLA. While I was still a pediatric resident I spent time in his office where he helped me study the parade of unusual maladies that was starting to afflict children. I considered myself a closet neurologist, because that was what I had really wanted to specialize in – not pediatrics, but during my neurology rotation in medical school I learned some discouraging news. The attending neurologist, whom I greatly admired, had taken me on rounds for the first time and I watched him brilliantly explain to the family of a stroke patient how he had figured out where in the brain the blood clot had lodged. Then he stood up and walked out of the room and I asked him what therapy he was going to prescribe for the patient so he could recover from his stroke, "therapy?" he said, "there is no therapy."

Well, I scratched neurology off my list... diagnosis was only meaningful if you could offer a treatment and it seemed neurology had few treatments to offer.

Note to readers: This is the best article on the US Autism Epidemic I've ever read, and I'm sharing it with you.

To read the entire article, and access the interesting links, go to <http://www.bolenreport.net>

Tim Bolen -
Consumer Advocate

the family left my office I poured over a few dusty textbooks and wondered if I had just seen a very rare disorder, a disorder that affected one child in 10,000 children... autism.

I had been involved in pediatrics for a decade by the time I saw this boy and it wasn't as if I had no experience working with rare disorders. I had been able to identify a boy with Frag-

Ask the expert

My five-year-old son is really good at football, and I want to know what to do to maximise his potential. Should I send him to coaching sessions, or is he too young for that?

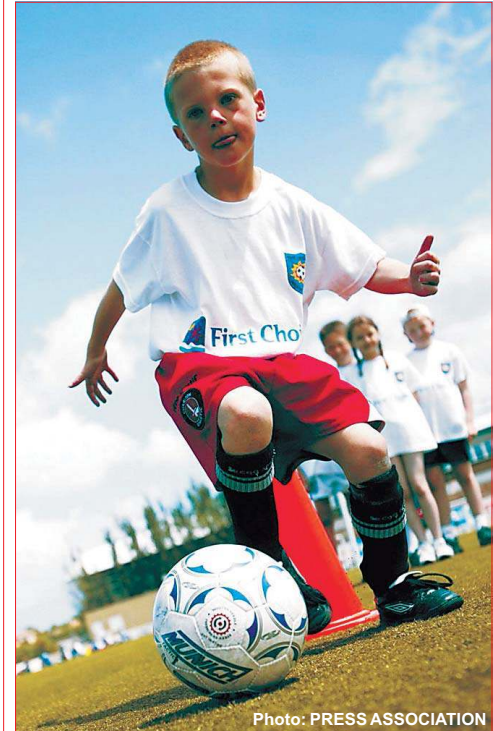


Photo: PRESS ASSOCIATION

FA national development manager Les Howie says: "At this age it's important to encourage your child. Take him to a coaching programme which will provide appropriate activity to challenge your child in a positive way."

"At this age it's important that we not only develop ball skills, but look to help develop the child's physical literacy by developing agility, balance, co-ordination and speed."

"Look for a coaching session where the children are safe and are taking part in purposeful fun activities, so you should see lots of movement, and lots of opportunities for children to kick the ball, a ball each at this age is best."

"At five it's too early to be play-

ing formal games - let the children take part in the coaching with lots of ball work and small sided activities."

"Choose a coach who has an empathy for young players. Watch how they communicate with the children - they should be developing a safe, positive environment for the children where mistakes are a tool of learning, not an excuse to criticize."

"And you can play your part: go in the garden or down to the park to kick the ball around, be supportive and encourage your child to practise and try new things. Always be positive with your child, the coach, and other children, and remember this as your child gets older and starts to play in a team."

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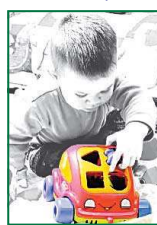
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Three ways to

... persuade a fussy eater to eat healthy food

1. Set a good example by eating healthy food round the table as a family, and praise them for eating well.

2. Tell them healthy foods are a

treat, and try to present them in an exciting way.

3. Initially disguise healthy foods by pureeing them or mashing them if possible.



Photo: PRESS ASSOCIATION

The Story of Nelson of Porches - Now Missing since 17/04/07



We first saw Nelson about 18 months ago in Olhos d'Agua during a day out-after hearing an English father say to his children "No you can't have him, and anyway he'll be dead soon" - as he walked past us. I wondered what/who he was talking about? I then saw a little white kitten staggering about - clearly near to death: maybe 8 weeks? old.

I picked up the little kitten and held him in the palm of my hand, he was so frail and weak-one eye was extremely swollen and the eye itself destroyed.

We drove him to the vets - where he stayed for 10 days and had his destroyed eye removed - we subsequently found out he had been born with cat flu and was almost totally deaf. (Though high pitched noises he seemed to be able to hear.)

With a light pocket and a new "guest" we went home - as time went on Nelson grew - and was so dependant on us, more like a little dog, he would run down the stairs and bite our ankles, jump up like a dog, but extremely nervous of others. Maybe he had been ill treated when he lived on the streets?

But he was really handsome now - more so on his left side...J...In a world that judges based on external beauty and seldom considers the inner beauty, he was a glowing example of a fantastic case for the inner beauty transcending the external.

In fact, we had various friends who once they had got over the initial shock that he only had one eye, would exclaim how beautiful a cat he was!!

Anyway, we found out he had a lowish blood sugar and at the age of 6 months started having regular fits, one per week...we were

distracted!!... I would sit up late at night searching for an answer, trawling the internet, we tried every type of cat food imaginable...the fits didn't stop. What really caused the fits we didn't know, but there were triggers we observed, Foods high in MSGs, when he went long periods without food, when he got really anxious (or both), when he had been scared by a stranger, sometimes one of these things or a combination. So we tried not to approach from his blind side, we woke him up gently, we let him sleep under the covers because he got cold at night.

Then Julie in PAW 4 PETS, mentioned a new food, Natures: menu, that was without additives, we tried it, we fed him little and often, we tried not to let him get overtired - heck we even let him go out carefully supervised - which was tenuous because he was deaf and couldn't hear danger (though his sense of smell seemed better than our other cats, (well, they say God compensates.)

Well, the food worked - and as I write Nelson has not had a fit for 5 months.

Everything was great, we have 4 other cats - quite normal, but not the unique character that Nelson is!!..

UNTIL...the 17th.. A day that may stay in my mind forever.

I was really busy, my computer crashed, we seemed to have loads of visitors, Nelson was left out longer than usual (Normally we allowed him out for about 3 hours - he never went far - so at 3.00pm (approx) I looked for him - sure enough, asleep in the next garden.

I then made the mistake that shall haunt me... Instead of going and picking him up... I thought... "it's a nice day, I'll leave him out a little longer"... still trying to sort my computer out, the satellite guy came round to change my dish, the computer guy, a friend, time flew... So by the time I stopped, my wife had come back from the post office and asked: - "Have you got Nelson in?"...

I went to look in the next garden, it was 6.00pm...!!!!!!...He was gone...

For 2 days in the village of Porches we have searched - though there's a slim chance he jumped in the Satellite van to get away from all the "commotion", the Satellite van stopped at Quinta De Paraíso in Monte Carveiro by the reception... and in Lagos.

Now the satellite guys don't think he was in the van, but the back of the van was adjacent to the garden gate where he was sleeping, it was different, he may have woke up and got in...and he was always inquisitive, during the day sleeping under the bedcovers... often found in wardrobes... he maybe had a 5 minute slot to get in the van... maybe.

Like I say, slim chance-but the biggest difference that day to his routine.

I have searched high and low,

checked every house in the village, garages... even done a reward leaflet.

As silly as it may seem to some, my wife and I have both lost our parents, I am an only child-my wife has one brother in England, -and we don't have children. Sorry, we do have children, our surrogate children who we love dearly...but their names are Lulu and Tosca...and Bebe...and NELSON...our little sickly child who we love so much...

...And that's how we feel, Imagine a sickly child who has been missing for a few days... for whom you know the clock is ticking... who can only really survive in unison with a lot of love and care.

So please, **Check your garages, any dark place, anything with a lid... or a door that could have been opened on Monday after 3.00pm... then closed... under blankets etc...**

Don't try and pick up, he doesn't scratch, but like I mentioned he's extremely nervous and may bolt, he is very vocal IF distressed... a loud WOWWWW... WOWWWW... sort of sound, when not distressed he is really quiet, he likes to sit and watch through bushes and wait till the coast is clear.

He is extremely distinctive, with a bright red collar and two bells, PURE white, little pink ears... the "Stuart Little" of the cat world... and of course one eye.

As sad as we are though, and though we know by the time this gets in the paper 8/9 days will have elapsed. We will not give up...

I have done a leaflet with his picture...not very good-and he's



Nelson (with Carol)

a little bigger now, I have put a reward-really to incentivate those not interested in animals, I know for those that are...no incentive is necessary... I just figured that better to have more look for him than less...

Yes, I am a realist, and you may think its stacked against him, BUT there is another side to Nelson, in the house he was the governor of all the cats...J... he was probably the ONLY kitten from the batch that survived in Olhos d'Agua, living on old spaghetti we later found out...he was always pinching mine off the plate...!!)

So, for ALL his handicaps... he is a survivor, I will not write him off! and I ask that you don't either...I still believe he's a suc-

cess story for surviving and getting through his problems, I still believe he has a chance...he certainly deserves it.J

Please help. My number is - 282 381 557, or Mobile phone - 913 547 587.

My email is as follows - vince13558@aol.com

Any information / sightings will be welcomed, obviously as accurate as possible with dates and times if poss...maybe someone saw what happened to him after 3.00pm on Monday 17th?... someone going back to work after lunch maybe?... we can only hope.

Please check the website: <http://www.paws4pets.net/LostandFound.aspx> - which shows a picture of Nelson.



Neutering campaign!

Once again, a neutering campaign for street cats and dogs will be held between Monday 7th May and Friday 11th May at Quinta dos Ciprestes, Ferrel, Lagos (Jeff Allen's old veterinary clinic). Anyone that would like to have a street animal neutered during this week should call me on the number below to make a provisional booking. A nominal charge of 5 Euros per cat and 10 Euros per dog will be asked for to help cover costs.

As before, we are being kindly assisted in various ways during the week, by the same people that offered support in November for our last campaign that successfully neutered 157 cats and 10 dogs. Accommodation for the vets, from the UK, is being pro-

vided for by Owen and Val Window. A car is being given to them for a week, by Terry and Angela Murphy of 'World Rent'. The Clinica Veterinaria do Ferrel in Espiche is providing back up, with vets and nurses giving up their days off and various volunteers will be out 'in the field' trapping and transporting the cats to the clinic.

We do, however, still need trappers if anyone is adept at this! I am grateful to all the people that will be involved in this week and hope that it will be a success.

If anyone would like to offer support either physically or monetarily to cover costs of medication, etc then please contact me.

Thank you.

Michele 919 457 263

Happyhounds@mail.telepac.pt

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Jan: 916 273 376

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Vet List

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Pé da Cruz
8550-328 Monchique
telf - 282 911 008
Urgências - 964 192 251
email: ana_silva@netcabo.pt

Claudia Santos
Torreção Clínica
Veterinária
Sítio de Torreção-Areeiro
8100-225 Loulé
Tel: 289 422 286
E-mail:
torrejaoveterinaria@sapo.pt

James Cagney
Consultório Girassol
Estrada Palmeiras
8600-252 Odiáxere
Tel: 282 799 268



Be a pasta master

Pasta is great as a mid-week standby meal, but if you've never moved away from the standard spag bol or carbonara, it's time to explore a wider world of flavours. Try our pasta parcels for an exciting new take on an old favourite.

Hands up if you've ever come home from work starving hungry, and after rooting around for something to eat, opted for pasta in a bland sauce? Admittedly, it's quick and easy, but convenience doesn't always make for exciting food. And eating pasta as a substitute for a 'proper' meal

doesn't really do Italy's finest culinary export justice.

So back to basics first: pasta is made from the flour of certain grains, mixed with water and/or eggs. It's kneaded and formed into different shapes, then boiled.

Making your own pasta will

never be as cheap as buying the ready-to-go kind but it can be a lot of fun. There are literally hundreds of recipes out there for you to try, and some will work better in certain dishes than others. The best bet is to try one and see how it turns out - learn by doing!

Andy Welch

Pasta in Parcels with Tuna & Potatoes

Ingredients (serves 4)

250g/9oz tuna steak, chopped into 2cm/3/4in pieces
1 glass of white wine
2 garlic cloves, finely chopped
grated zest of 1 lemon
2 sprigs of rosemary, broken into pieces
sea salt and freshly ground black pepper
8 new potatoes, peeled and cut

into small dice

12 ripe plum tomatoes, de-seeded and roughly chopped
handful of flat-leaf parsley, plus more to serve
350g/12oz spaghetti
2tbsp of olive oil

To prepare:

Place the tuna in a bowl with the wine, garlic, lemon zest, rosemary and some seasoning. Leave

to marinade for 30 minutes. Preheat the oven to 200C/400F/Gas 6.

Towards the end of the marinating time, cook the potato dice in boiling salted water for six minutes until tender. Strain, then combine with the tomatoes and most of the parsley.

At the same time, half-cook the spaghetti (use just over half the time suggested on the packet). Drain well.

In a large frying pan, heat the oil until hot, add the tuna and marinade and fry very quickly for six minutes. Turn down the heat and add the spaghetti, tomatoes and potatoes and mix well.

Prepare four parcels with parchment or grease-proof paper. Add one quarter of the mix to each and fold up loosely like an envelope, fold over the top to seal completely.

Place in a pre-heated oven for seven minutes. Serve at once, slashing the bags at the table, and sprinkling with more parsley.

VARIATIONS

If you don't fancy tuna, try replacing it with some thinly sliced courgette and courgette flowers. Fry for three minutes with white wine and garlic, add parsley and mint before mixing with the pasta and stuffing the parcels.

Try swapping the tuna for a dozen fruity black olives, or for something completely different, fry two sliced red onions in a lit-

To make a basic dough, you will need:

500g strong white flour
3 large eggs
8 egg yolks.

To prepare:

Place the flour in a heap on a clean surface, making a well in the centre, then place the eggs and yolks in the middle and gently combine them with a fork until all the flour and eggs are mixed together. Knead the soft dough with your hands until it becomes soft and elastic. When you are happy with the dough, wrap it in cling film and leave it in the fridge for around 30 mins. This is an important stage, as it allows the flour to develop so your pasta will be light.

Break the dough into four pieces and either use a rolling machine (available from all kitchen stores) or a rolling pin to flatten the mix out into thin sheets before shaping the pasta as desired. To cook, drop the pasta into salted boiling water. For al dente - pasta with a slight bite - boil for five minutes, for softer pasta, leave for a minute or two longer.

Pasta can come in all kinds of shapes, so forget tins of alphabet spaghetti - us grown-ups should know our fiori from our fusilli. All types have very specific Italian names, so check out this list of the most popular varieties.

Shaped pasta

Conchiglie - large, shell-shaped pasta

Farfalle - In the shape of a bow tie or butterfly

Fiori - From the Italian for 'flowers', but look more like cogs

Fusilli - a three-edged spiral, often come in different colours

Tubular pasta

Mezzani - short curved tubes

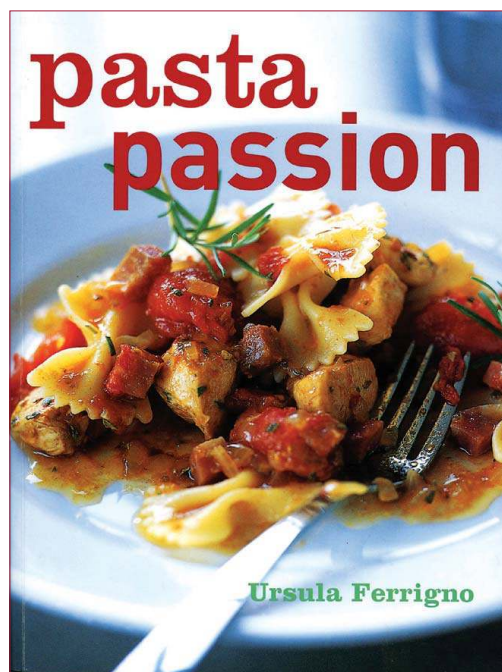
Penne - medium-length tubes, cut diagonally at both ends

Strand pasta or noodles

Spaghetti - the most famous of all. Long, thin strands, ideal for Bolognese. Flattened spaghetti is called linguine

Cont'd opposite

tle butter until softened, then add 450g/1lb of shelled broad beans, chopped mint, and garlic. Cook until the beans are tender before adding 100g/4oz of freshly grated Pecorino cheese to make a sauce. Stir in the pasta and fill the parcels.



Ursula Ferrigno

Pasta Passion, by Ursula Ferrigno, is published by Quadrille, priced £8.99/€13.21. (Photos: Press Association)

www.the-news.net

A newly opened restaurant in the traditional Algarvian village of Alte. Restaurant A Ponte invites residents and visitors to come and enjoy relaxed dining in unspoilt surroundings.

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or 964 191 625



Free glass of wine or equivalent for dining customers when presenting this ad.

Restaurant - Churrasqueira

O Beiral



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Portimão
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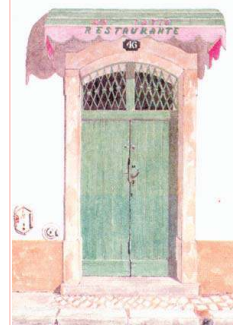


No Patio

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...in the old part of Lagos

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featuring new international
menu.



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Sat. 7.00 - till last
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Call for reservations
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8600-605 Lagos
Tel: 282 763 777
email: nopatio@aol.com

Vermicelli - Long, round strands, much thinner than spaghetti

Ribbon Pasta

Lasagne - Sheets of pasta
Tagliatelle - Ribbons of pasta, less than 1cm wide

Stuffed pasta

Cannelloni - Rolls of pasta, stuffed with Bolognese-style sauce and cooked in the oven

Ravioli - Rectangular pockets, usually stuffed with minced beef

Tortellini - Small rectangles, around 2cm in diameter

Restaurante A Ponte is a newly opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the

children's play area. During the long summer months you can dine under the stars on their large terrace. Reservations are advised.

O Beiral is situated in a quiet corner of Barão São João, near Luz. Not much to look at as you approach, but inside it's comfortable and rustic, with an 'at home' feel. It has a large terrace set in a lovely garden, full of flowers and there is a children's play area. New owners Olympia and Alessandro welcome you with a free Bruschetta! The freshest meat and fish are available to cook on your own stone. Prices are very reasonable and they have a selection of organic wines to choose from. And if you suddenly feel in the mood for a little light music they have a variety of musical instruments that you can play (but please only if you have good ear for music!) If you want a relaxing evening be sure to book your table to avoid disappointment.

Estrela do Mar Pastelaria, located in Praia da Rocha close to the Hotel Jupiter and next to the office of Avis car hire, is a new venture easily found because of the delicious aromas wafting down the street from within! Cornish Pasties, Salads, Pork Pies, Sandwiches, Pastries, Clotted Cream Teas and much more. Inside you'll receive a friendly welcome from your hosts Aubrey and Eugenia and their cheerful staff. Bright and airy, the ambience is relaxed with a European flair. You could find yourself returning again and again to enjoy chilling out on their large terrace in the sunshine with a tasty treat.

The Carvery couldn't be easier to find - by the taxi rank in Alvor, on the first floor. This prime position gives you the best

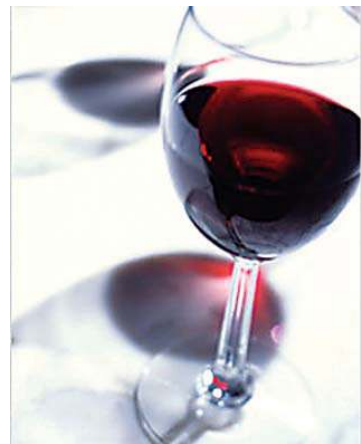
of both worlds, you can look down on the hustle and bustle, watching the world go by, without any of the noise. The Chef's Carvery - with 'All You Can Eat' for just €9.50, is fantastic value offering a selection of traditional Sunday Roasts with trimmings, between 12 noon and 3pm. They are now open every evening from 6pm, serving such favourites as Fish & Chips, Liver & Onions, Hot Pot, Cottage Pie, and Steaks. A selection of desserts is available, including Sticky Toffee Pudding, as is a Kid's menu. If you are missing home-cooked English food, then this is the restaurant for you.

O Cantinho dos Italianos is a very popular restaurant with delicious fresh Italian food. It is not easy to find, but the village of Pera is still a small place that a little effort will bring great rewards. Frederico and Ana will tend to both your table and nutritional needs. Try their new and unusual dishes with fabulous sauces and homemade pasta. A place not to be missed if you really enjoy first class Italian food and a homely atmosphere. Reservations are recommended if you don't want to be disappointed.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon,

Liquid assets

The classic accompaniment to tomato-based pasta is Italy's most famous red wine, Chianti. While it has a cheap and cheerful reputation, up-market versions are available, but for a mid-budget buy try the 2004 Casa Sola Chianti Classico, £8.50/€12.48.



Wine Society - see their website: www.thewinesociety.com.

and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Cosmopolitan in Lagos is owned by José and Kate. The menu is international, compatible with their wine list, which offers speciality Portuguese and Australian wines. Reservations

are recommended as word of mouth travels fast, and you will see why when you dine here. They offer a fantastic combination of unique gourmet dishes, friendly staff and a rustic, relaxed decor. Cosmopolitan serves a full menu all day. Hearty breakfasts, luscious salads and sandwiches through to exciting and adventurous main dishes - for example Fillets of Wild Boar, Mediterranean Platter and Chicken Filo Pastry Parcels.

Is YOUR restaurant special? If so contact Bella on 914 393 736.

O Cantinho dos Italianos

Chef's speciality of the day

Open for lunch from 12:00 - 15:00
and dinner from 18:00 - 23:00

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www.cantinhodositalianos.com

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu

Open: For dinner only from 7pm.

Closed Mondays

Rua Calvario, 69, Al Mancil

Tel: 289 395 114 / 967 785 601

Shanghai Restaurant

Delicious dishes from Shanghai, China

Open: Daily 12.00-15.30 & 18.00-23.30

Rua do Comércio, 94 R/c, Al Mancil

Tel: 289 397 642

A Floresta

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Open: Mon-Fri 12-15.00

Mon-Sat 18.30-22.30

Est. de Vale do Lobo, Al Mancil

Tel: 289 394 331

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O Major

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Tel: 919 223 969

ALVOR

The Carvery

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Open: Sunday 12-3pm

and every evening from 6pm.

Rua Dr Antónia José Almeida (by the taxi rank), Alvor. Tel: 914 099 083

ESTOI

Quinta dos Poetas

Portuguese Gourmet

Open: Tues - Sun for Lunch & Dinner

Apartado 1126, Nr. Estoi

Tel: 289 990 990

LAGOA/SILVES

O Cantinho dos Italianos

Pasta dishes

Open: 12.00 - 15.00 and 18.00 - 23.00

Largo 25 de Abril, No 1, Pera

Tel: 914 844 269

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Rua da Praça 8400-477

Porches

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Mob: 919 255 992

LAGOS/LUZ

O Beiral

International & Vegetarian menu - Italian specialities

Open: Tue - Sun 11.00 - 15.00 & 18.00 - 12.00

Closed: Mondays

Rua DR. Guerreiro Tello, 40, Barão de São João, Luz

Tel: 282 688 004 / 912 299 672

O Mandarin

Chinese & Asian dishes

Open: 19.00 - 23.30

Calças, Albadeira, Lagos

Tel: 282 762 401 / 282 760 424

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19h to 24h

Bistro & Bar - 11h to 24h

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

Don Toro Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

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Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International Tapas + full menu

Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42

(In front of the Golden Chapel), Lagos.

Tel: 282 767 946

www.meulimao.com

No Patio

New international menu.

Open: Thurs-Sat. 18.30 - 21.30. Sun. 13.00-15.30

Rua Lançarote de Freitas, 46, Lagos

Tel: 282 763 777

Cosmopolitan

International menu

Open: 10.30 - Midnight

(Closed Mondays)

Rua Soeiro da Costa, 40, Lagos

Tel: 969 196 017

LOULÉ

Restaurante A Ponte

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Alte

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Estrada da Rocha

Praia da Rocha, Portimão

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PORTIMÃO

Restaurante Kottomisie

European cuisine with a touch of South America

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Clube do Vau, Vau, Portimão

Tel: 282 401 334

TAVIRA

Restaurante O Monte

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and for Sunday Lunch

Cabanas de Tavira

Tel: 964 432 465

SAGRES

Fiodepesca Restaurant

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Closed Thursdays

Rua Infante D. Henrique, Sagres.

Tel: 282 620 280

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Rua Soeiro da Costa 40, Lagos
Tel. 969.196.017

Best foot forward

Step out in this season's most stylish shoes. We look at the best heels on the high street.

When payday comes around, hitting the shops in search of a stylish new pair of shoes is often the first port of call for fashionistas.

The onset of spring is the perfect excuse for splurging on shoes! Now's the time to say bye bye to cumbersome winter boots and let your tootsies breathe in gorgeous summer styles. From flats to sky-high heels, safari chic to disco brights, there's a shoe for every fashionable foot this season.

"Statement shoes are great with this season's simple shapes and slim tailoring," says In Style's accessories editor, Michael Temprano.

"If you're wary of heights, the strapped versions will give you added stability," he advises.

Practical or just impossibly stylish, put your best foot forward for shoe shopping. What better way to kickstart your summer wardrobe into shape?

Wedge Wonders

Get set to walk tall this season in towering wedges. For height without the hassle, the wedge shoe is the answer to heel phobic's prayers.

Wedges are here to stay this season and the catwalks went to extreme lengths with vertigo-inducing versions. Ignore those silly six-inch-plus numbers and wedges can be both comfortable and leg-lengthening!

Platform Parade

Gone are the days when spindly stilettos ruled the shoe roost. This season we're going back to the 70s with chunky platform soles.

"There's been a big move away from delicate styling and a heavier shoe silhouette makes a strong style statement," says shoe designer Georgina Goodman.

For versatile footwear go back to basics with black or cream, such as Shellys' black

Disco Fever

When you want to make an impact on the dancefloor, forget

the little black dress - it's all about statement shoes. From shiny metallics through to disco brights, fashionista magpies will be in their element parading their pins.

Georgina says: "With nostalgic 60s references everywhere, it was only a matter of time before silver and gold made its way into footwear."

Funky Flats

From sexy gladiator sandals to cutesy ballet pumps, find your feet some sophisticated flats this season for the ultimate in wearable pavement pounding equipment.

Forget the sky high heels - along with their ankle breaking risks - flats are the lazy girl's shoe for the summer.

Lisa Haynes

All that glitters

Twinkle and glow with the new sparkly shades of silver, bronze and gold. We take a look at how to bring bling into your make-up.

Heavy metal is back in fashion this summer. But it has little to do with music and head-banging. Women everywhere will be twinkling and glowing with the new sparkly shades of metallics.

"We only had to look at Nicolas Guesquiere's metallic leggings at Balenciaga or the sculpted metal at Dolce & Gabbana to know that make-up for this season was going to be about texture and sheen," says NARS make-up artist Jayne Richardson.

"With the 60s influence running through most of the shows, we were drawn back to the contouring on the eye, pale skin and neutral lips. Metallic shadows were used to bring it forward into the future, with beautiful contrasts of gold and silver being used at Chanel, or slightly bolder and more textured sheen seen at Prada. It was a playground for all things futuristic."

DAY

Shimmering metallic eyes in grey, lilac and taupe are the easiest to pull off. They work for the minimal face during the day and can be layered upon for a stunning effect in the evening.

"Focus on the eyes using

shine or texture to get the look. Be inspired!" advises Jayne.

Make-up artist Mary Greenwell, who has worked with Kate Moss and Penelope Cruz, adds: "Keep any metallics in pure clean shades - with shimmery white silvers and pure warm golds - anything too steely grey or yellow looks cheap, not chic."

NIGHT

For the evening, you can be a bit more daring and brave with molten metals and flashier hues.

Use a small amount in the inner corner of the eye to instantly brighten tired eyes, or get skin glowing with a sweep across cheekbones for an eye-catching look.

MINI METALS

Embracing the metal scene doesn't have to involve buying a whole new make-up bag - not if you pick the right things to invest in.

Hero products like Chanel's limited edition Lumiere D'Artifices, MAC Iridescent Powder in Silver Dusk and Jane Iredale 24-Karat Gold Dust are so versatile that they can be brushed on eyes, cheeks, lips or skin with little danger of overdoing the bling.

NARS Sparkling Pressed Powders comes in three shimmery hues to suit different complexions - light, medium and dark.

Shereen Low



Wedges are here to stay this season and the catwalks went to extreme lengths with vertigo-inducing versions. Ignore those silly six-inch-plus numbers and wedges can be both comfortable and leg-lengthening! (Photo: Press Association)

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Business Opportunity

Cash in on the success of Cornish Pasties in Portugal

The Cornish Range is looking for entrepreneurs who would like to run their own business. The Cornish Range in conjunction with the award winning Crantock Bakery, from Cornwall, are seeking to supply a full range of meat, vegetarian and sweet pasties, sausage rolls, pork pies, muffins, cakes, scones and clotted cream to existing or new businesses. We are able to offer assistance in finding premises, setting up your business and ongoing support.

This is not a franchise! If you are interested in finding out more about this opportunity please contact:

Nicola Archdale Tel. 283958192 Mbl. 93381358
enquiries@thecornishrange.eu.com



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CONTINENTE

Centro Comercial · Portimão

novο horário new timetable

DOMINGO A QUINTA SUNDAY TO THURSDAY

10:00-23:00

SEXTA, SÁBADO E VÉSPERAS DE FERIADO FRIDAY, SATURDAY AND DAY BEFORE PUBLIC HOLIDAY

10:00-24:00

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Wind Ensemble to perform in Portimão

The 33-piece wind ensemble from Ouachita Baptist University in Arkansas, USA will be performing in the Portimão Auditorium on May 17th, 2007 at 9.30pm. This will be a charity benefit concert in aid of the volunteer firefighters of Portimão, the Bom Samaritano children's home in Alvor and the International Christian Fellowship in Portimão.

Tickets are available from the auditorium ticket office. The wind ensemble plays a wide variety of high-quality music including religious, secular and pops.

The ensemble is composed of students and faculty from Ouachita Baptist University and is including Portimão in its tour of Portugal and Spain. In addition to the concert in the Portimão auditorium, they will also be playing in Portimão on the promenade between the old bridge and the Casa Inglesa on Friday and Saturday evenings (May 18th & 19th) at 8.30pm and on Sunday morning at 12.00 noon.



The 33-piece wind ensemble from Ouachita Baptist University in Arkansas, who will be performing in Portimão.

Americans in Portugal announces its May 9th table topics

Americans in Portugal has selected its Table Leaders and confirmed the Table Topics which will be presented for open discussion.

If you would like to attend the Luncheon, in Cascais, please submit your 1st and 2nd choices, which AmP will attempt to fulfill. Reservations for tables will be on a first come, first reserved basis. The absolute deadline is noon, Monday, May 7th. The Table Topics are:

1. Global Warming – this table has already been filled – led by Frank Neumann of The Wave Energy Centre (www.wave-energy-centre.org). Frank's table will discuss alternative energy strategies including an introduction to the exciting concept of harnessing ocean wave energy to create an alternative source of power.

2. Spring Fever led by Dr. Minnie Freudenthal, an M.D. practicing medicine in Cascais. Winter weather is a bitter memory but your nose is still running, your eyes are watering, and everyone around seems to be coughing. What's happening? Minnie will discuss *spring allergies* and their remedies, includ-

ing some of the newer antihistamine drugs that are effective but don't put you to sleep.

3. Real Estate – only four seats left – led by Martina Lennon, owner of MAP Imobiliária, in Cascais. Martina will discuss everything you wanted to know or ask about buying, selling, renting and/or closing real estate deals. Many people think Real Estate is easy, something they can do by themselves. Why pay an agent? There are many good reasons to use professionals, since one simple mistake can cost you thousands of Euros and waste months of time. Much can be lost by "saving the realty commission" and trying to do it yourself. If you own property or aspire to do so, talking with Martina will be worth much more than the cost of this meal.

4. VISAS, car registrations and renewals, driver's licenses, license plates, transferring your residency to Portugal are Gaby Moura's specialty. Gaby, a regular Americans in Portugal luncheon attendee, operates a busi-

ness called *Kick-Off* which is indispensable for people moving to Portugal or needing to fulfill the requirements to stay here. If you have ever waited for hours in the *Estrangeiros* office, only to find when you get called that you didn't bring a paper somebody didn't tell you was necessary, you'll understand the vital importance.

Smoking, from p.1.

But in 2007, smoking will definitely be banned, after a transition period of one year, in enclosed public places such as bars, nightclubs, restaurants and coffee bars. Owners of these venues are compelled by the new law to call police should any of their customers break smoking laws, and failure to do so could see them face fines of up to 50,000 Euros. Smoking 'criminals' will meanwhile be asked to cough up as much as 1,500 Euros.

After minor squabbles by MPs over the finer details of Portugal's long-awaited anti-tobacco legislation, all political parties indicated their approval of the decree, despite a relatively high abstention percentage in Parliament during voting on Wednesday afternoon.

The bill effectively bans smoking in bars, restaurants and nightclubs smaller than 100 square metres and in work places, public offices, health institutions and schools.

While the restaurant industry has reacted angrily at the passing of the legislation - and unlike Britain - smokers will still be able to smoke at nightspots and eating venues with floor areas above 100 square metres.

But this will only be possible if an area of no more than 30 percent of a venue's total floor space is converted into a smoking room.

Smoking in state buildings, such as hospitals and schools is completely banned, including in the open air, in the grounds, though universities have been given a slight exemption in terms of this new specific law, allowing 'stressed' students to alleviate their addiction on university premises.

On all other government property, smokers will be required to

vacate the grounds in order to light up, the new law adds.

More than 90 percent of all Portugal's coffee bars, restaurants and pubs will be unable to accommodate smokers due to their insufficient floor areas.

Besides the venues that will require special licensing, which promises to present extensive bureaucratic obstacles to applicants, smokers will be allowed to light up in smoking rooms in prisons, some hotels and care homes, including psychiatric wards and treatment centres for alcoholics.

Smokers will also be able to feed their habit in the open air and at home, irrespective of who lives with them, including children or asthma sufferers.

The new legislation, says the government, indicates that it will no longer show leniency to concerns expressed by the restaurant industry, saying the health of the nation is paramount.

The government explains the law has two primary objectives: the protection of non-smokers, estimated at 70 percent of the Portuguese population, and the defence of the "most vulnerable" sectors, children and teenagers.

While previous glitches in passing anti-tobacco legislation was blamed on the government's concern of a backlash from the tobacco lobby and other interest groups, an increasingly health-conscious society and dropping numbers of smokers seem to be adequate arguments this time round for it to outlaw smoking in public spaces.

Despite the government's apparent stubborn stance on the legislation, restaurant associations were this week desperately rallying to force the government to make some last-minute concessions before its enactment. They say in passing the new law, MPs

are signing the death sentence of small businesses in city centres.

The industry has called on the government to follow the Spanish example, where each bar or restaurant owner unilaterally decides whether or not the venue will permit smoking. The decision whether or not smoking is permitted is then clearly displayed outside the venue.

Portugal's legislation is largely based on that enforced in the United States, which has been widely criticised here.

Restaurant associations argue that modern U.S. architecture allows for anti-tobacco laws there to be effective, whereas in Portugal, especially in the historical city centres of Lisbon, Oporto and Coimbra, smoking will be completely outlawed as only a handful of +100 square metre venues exist.

Once the new law comes into force, they argue, smokers, along with their family and friends, who might not necessarily be smokers, will be doing their shopping, eating and drinking at larger and more modern venues scattered on the outskirts of major cities.

Furthermore, the government is also being challenged on making bar and restaurant owners 'smoke police', as they will be required to monitor smokers who break the law on their premises or prepare to face hefty fines.

And bar owners have this week laughed off what they term to be the government's double-standards, saying that while 16-year olds can serve prison terms and consume liquor, they will be breaking the law by smoking before they reach 18.

Figures recently published by the anti-tobacco association say that more than 12,000 people die each year in Portugal as a direct result of smoking.

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From *Cambridge Advanced Learner's Dictionary*)

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Chilling out Caribbean style

There are plenty of educational holidays to choose from these days that teach you to cook, paint, play golf or even to fly. But to learn the art of relaxation, you really can't beat Barbados.

I'm not normally a fan of 're-laxing' holidays. I've always loathed the idea of spending precious time off on the beach, and scoffed at those whose idea of heaven is lounging by a pool for hours on end. I'd rather be wandering round an ancient town, walking in the countryside or perusing restaurant menus for my next meal.

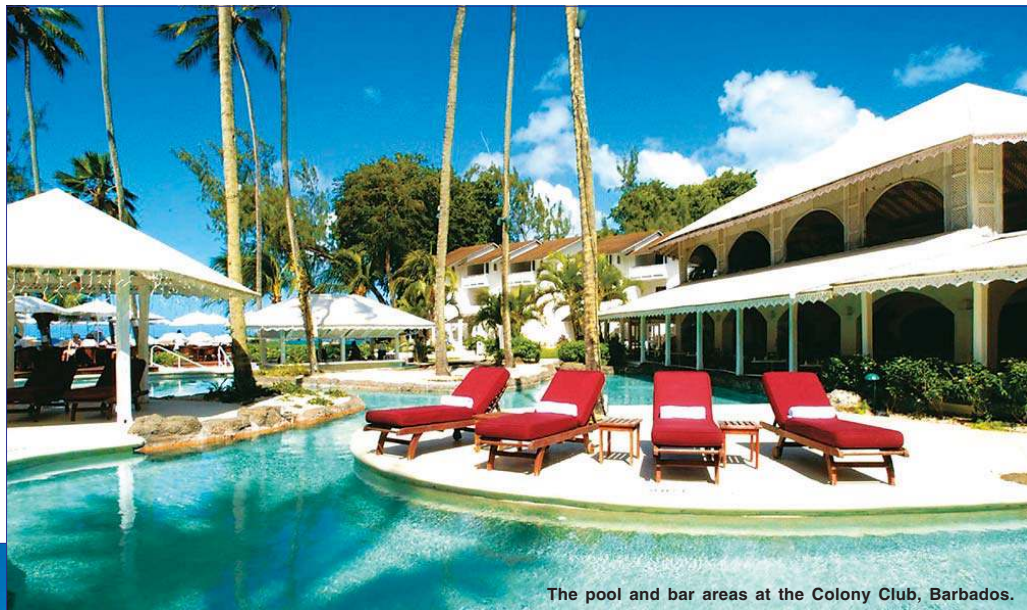
So when my wife announced a break in Barbados, I groaned - then started planning an itinerary with the help of a guidebook.

During a day in Bridgetown, the capital, with its National

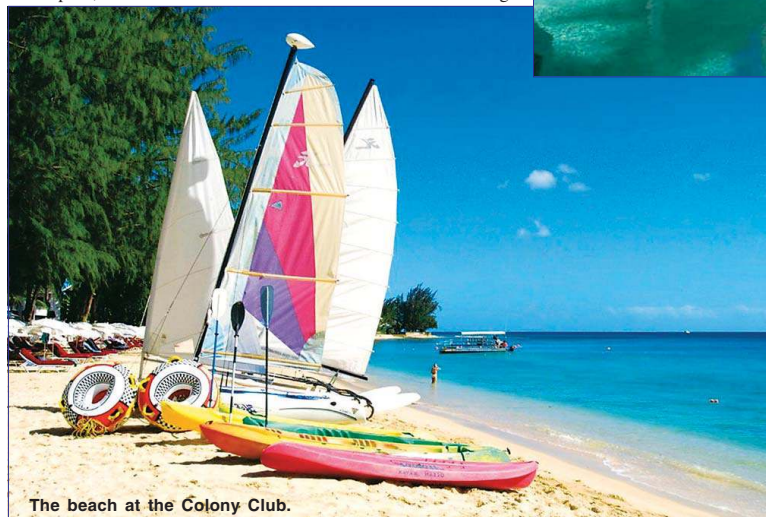
Heroes Square and statue of Nelson, we'd take a stroll down Broad Street to browse around its duty-free shops.

We'd visit the Mount Gay Rum distillery, where the island's famous tippie is made, and we'd experience a real slice of local life at the Friday night fish fry in Oistins on the south coast of the island, trying local specialities such as fried flying fish and macaroni pie at ramshackle bars with names like Crazy Eddie's.

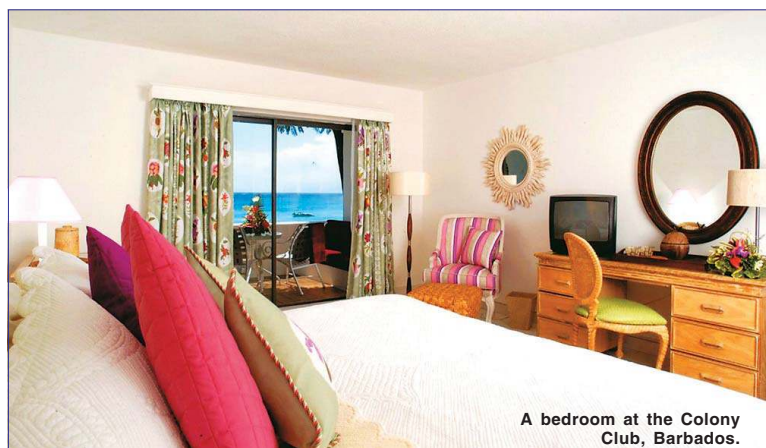
We'd definitely try a Jeep safari on the unspoilt east coast to see the Atlantic waves crashing



The pool and bar areas at the Colony Club, Barbados.



The beach at the Colony Club.



A bedroom at the Colony Club, Barbados.

in. A spot of snorkelling and scuba diving, a swim with the turtles off Mount Standfast, and maybe I could even squeeze in a round of golf on an expensive course like Royal Westmoreland.

There would be scarcely a moment to spare in our seven days. Yet somehow, from the moment we sipped our first rum punch on the wooden deck of the Colony Club hotel, gazing out over the Caribbean - every bit as blue as pictures in the brochures - it seemed simpler to do nothing at all.

A delicious laziness seeped through my bones, helped there by the incredibly laidback atmosphere of the Bajans. It's hard to be the only person in a hurry on an island of 60,000 souls.

Admittedly the heat - and humidity - were key factors. After chilly autumnal Britain, heavily moist high-20s temperatures take a bit of getting used to.

Barbados has an average temperature of 26C, which changes little through the year. January to June, the dry season, is most popular with European tourists escaping bad weather at home, so it's also the most expensive time.

Summer is quieter. The June-October period is hurricane season, with more rainfall (July is the wettest month) and a higher chance of storms (though Barbados hasn't been hit directly by a hurricane since 1955). Humidity stays high, especially in summer.

On day one, full of good intentions, we strolled down for breakfast. Some time later, after a freshly cooked mushroom omelette, a couple of croissants and fresh fruit, we staggered over to the sun loungers to 'let it settle' before embarking on outing number one. And that was that. Why traipse the island in the heat when we could lie on an incredibly comfy sunbed overlooking

the sea, a strategically placed brolly protecting us from the sun, while charming waiters brought fresh fruit and cold beers?

Heaven!

Our days fell in to a comfortable pattern. After breakfast and a token conversation about how to spend the day ('Shall we go to Bridgetown today?' 'Hmmm, maybe tomorrow. À...'), we'd have a stroll along the beach (all

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beaches in Barbados are open to the public), ogling houses of the rich and famous, imagining who the owners might be (Cliff Richard? Anthony Bamford? Judi Dench?).

Then we'd bag a lounge (plenty to go round, no German-style towel hogging required), for a morning of reading, swimming, snoozing and, if we felt energetic, a quick snorkel.

We didn't even have to move for a light spot of shopping - a stream of beach sellers work the beach, selling local crafts such as paintings, shell necklaces, wooden carvings and baskets woven from palm leaves.

You can even get an aloe vera leg rub for five dollars. The sales patter can get tiresome, but they leave you alone if you say a firm no. If you are interested, be prepared to haggle - we saw one couple pay 20 US dollars for a necklace which became only five further down the beach.

The Colony Club, a former gentleman's club with 98 rooms and suites, is one of a small chain of luxury hotels in Barbados owned by Elegant Hotels, and its cool, airy interior makes it easy to wind down. It's near Holetown on the island's Platinum Coast, where sandy white beaches meet the millpond-calm sea. Transfer from the airport takes about 50 minutes.

Most rooms have a sea view and a spacious balcony, and if you're not relaxed enough by the sun, sea and sand, a salon offers massages and beauty treatments.

Lunch on the beachfront deck is casual, with lots of favourites like burgers and club sandwiches besides a few Bajan dishes like salt fish cakes and chicken curry with roti, a flat bread.

For dinner you can choose between two good restaurants. Our favourite, the Laguna, offered a bit of an Asian twist: tempura shrimp with mango salsa, fabu-

lous seared tuna with wasabi and plenty of local fish.

The diversity and quality of the food in Barbados was a surprise - though perhaps not so strange given the island's popularity with the international jet-set. This is Michael Winner's holiday destination of choice - and some prices are certainly pitched at the super-rich too.

This part of the west coast seems to have the island's highest concentration of good restaurants, so if you fancy a change from hotel menus you can wander into Holetown, a mere 10 minutes away.

It's the oldest town on the island and saw its first English settlers in 1627. Its shopping malls include a branch of the island's biggest department store Cave Shepherd for some duty-free shopping, and a few craft shops.

And it has Cocomos, a lively beachfront bar that sells some of the biggest, juiciest shrimp in the world and does a fine line in cocktails (the house cocktail, Baileys, rum and coconut, is a winner).

For finer dining try Olives Bar & Bistro - which gives Mediterranean food a Bajan twist - the Mews and Angry Annie's, known for its curries, lobster and steak.

Further afield by taxi is Lone Star, an achingly hip converted petrol station and boutique hotel on the beach, with minimalist decor and eye-wateringly expensive seafood. It's apparently a big celebrity hangout, though they were hiding when we called in.

Let's face it, choosing where to eat is tiring enough, so why add to the burden? And so after seven days my grand itinerary remained untouched, the guidebook unopened. I'd spent my time lounging and swimming, snoozing and basking in the sun, working my way through a pile of books and eating fabulous food.

My idea of holiday hell - and



I'm already planning the return trip.

TRAVEL FACTS

Phil Derbyshire travelled with Kuoni Travel, which offers seven night all-inclusive stays in Barbados - three at Colony Club in pool/garden view room and four at Turtle Beach Resort in junior suite - from £1,388/€2,033 in 2007.

If you travel longhaul with BA, domestic flights from Glasgow/Manchester are free. Otherwise these flights into London start at £178/€261 per person.

Kuoni reservations: 00 44 (0)1306 747 008 or www.kuoni.co.uk

Official local currency is Barbadian dollars, but everywhere accepts US dollars (each one worth roughly two Barbadian dollars).

Phil Derbyshire



Pictured above: A kite surfer, and here: Island Safari Jeeps on Barbados.

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Lisbon stalemate leaves FC Porto on brink of glory



After weeks of consistently claiming three points from every match they played, the Big Three: FC Porto, Sporting and Benfica, could only muster two points between them during last weekend's round of Superliga matches. Ironically, FC Porto, who claimed no points whatsoever, will be happiest of the three pretenders to Portugal's most sought after silverware.

FC Porto went into last weekend's round of matches four points clear of closest rivals Sporting and five ahead of Benfica.

When FC Porto lost 2-1 at the Bessa stadium to Oporto rivals Boavista, Sporting and Benfica were once again in the hunt and could reduce the deficit to either one or two points and be back in the hunt for the title.

But a 1-1 draw between Benfica and Sporting will mean that FC Porto can still drop points and win the league, a situation which would have been impossible had Sporting beaten their neighbours.

FC Porto need seven points from their final three matches to win the title, with Sporting admittedly now more intent on securing a place and automatic qualification for next season's lucrative Champions League.

FC Porto will play the first of the Big Three this weekend, hosting Nacional before Benfica take the field in front of their home crowd against struggling Naval.

Sporting will end this weekend's round of matches when they face Vitória Setúbal in Lisbon on Sunday, a day after the FC Porto and Benfica matches.



FC Porto's Adriano shows his disappointment during the Portuguese first league soccer match with Boavista at Bessa Stadium, in Oporto last weekend. (Photo: Lusa / Estela Silva)

SPORT BRIEFS

Portugal donates football stadium to Palestine

An international football stadium was inaugurated the past week in the Bethlehem town of Al Khader, which was funded by the Portuguese Institute for Cooperation and Development.

The 6,000-seater stadium, a gift from Portugal to Palestinian sports enthusiasts, cost an estimated two million dollars to build, and is certified by FIFA, football's world governing body.

The football shirts of Portuguese stars Cristiano Ronaldo, Deco and Ricardo Quaresma were given to the stadium, where they will be on display in an exhibition room.

England rugby team prepare for World Cup in the Algarve

The England Rugby Union team have confirmed their visit to Browns Sports and Leisure Club, Vilamoura to prepare for the 2007 Rugby World Cup in France that kicks off in September.

The team will be arriving in the Algarve in late June for a 12-day training camp. With this latest confirmation, Browns will now host both the 2003 Rugby World Cup finalists, with Australia set to arrive in the Algarve later in the summer.

Several top rugby union teams from England, Ireland and France have elected to train at Browns in 2007. This year Browns facilities will accommodate rugby league, Irish GAA, cricket, athletics, soccer, field hockey and tennis teams.

Ronaldo and Mourinho say goodbye to Europe

The Champions League final that most predicted and many wanted will not be, after Chelsea and Manchester United lost out to Liverpool and AC Milan in the semi-finals of European football's biggest and most lucrative competition.

Chelsea manager José Mourinho and Manchester United winger Cristiano Ronaldo will now have to settle for English domestic silverware after their teams failed to produce the goods against their opponents.

Portugal's two most famous personalities in the football world will now battle it out in the FA Cup final, while Manchester United are potentially one game away from winning the English Premiership title.

www.the-news.net

SUPERLEAGUE FIXTURES DAY 28

MATCH	DATE	TIME	TV
Beira-Mar-Boavista	Friday	20h30	SportTV1
Marítimo-Académica	Saturday	16h00	
FC Porto-Nacional	Saturday	19h15	SportTV1
Benfica-Naval	Saturday	21h15	TVI
Amadora-P.Ferreira	Sunday	16h00	
Leiria-Aves	Sunday	17h00	
Braga-Belenenses	Sunday	18h00	SportTV1
Sporting-Setúbal	Sunday	20h15	SportTVI

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